

www.ebparks.org

*"Regional in Nature"*



East Bay Regional Park District

# Activity Guide

July-August 2003

Celebrate Lakes Appreciation Week

July 1-6

Lake Chabot • Lake Anza • Contra Loma

Cull Canyon • Del Valle • Don Castro

Quarry Lakes • Shadow Cliffs

Lake Temescal

Bike, Hike, Skate the Trails Challenge 10th Anniversary! See inside



Biker on Mission Peak. Photo by Kevin Fox

Lake Chabot from the south end.  
Photo by Lynette Journeay



East Bay Regional Park District  
www.ebparks.org



# Regional Parks lakes offer cool respite on hot summer days

The Park District's lakes, lagoons, and swimming pool provide scenic beauty along with recreational fun. Five open-water beaches and three lagoons set the stage for sand-play, swimming, and relaxing outdoors. Lifeguards are on duty from 11 a.m.-6 p.m. For a facility near you, flip to the back inside cover and you'll find addresses and phone numbers. You can also log on to [www.ebparks.org](http://www.ebparks.org) for more information, especially about fees, amenities, boating restrictions, and fishing permits.

Here is a brief overview of some of the Park District's swimming and water-oriented opportunities:

**Lake Anza**, at Tilden Regional Park in Berkeley, is a popular swimming site with its sandy beach, changing rooms, snack stand, drinking water, ample parking, and trail access. Picnic grounds are located nearby. The lake is open for fishing throughout the year.

**Lake Del Valle** outside Livermore offers a five-mile lake with all kinds of water recreation. There are two swim beaches, an abundance of picnic and camping sites, boat rentals, launching areas, and lake tours. Lake Del Valle is known for excellent fishing. The lake is stocked regularly with trout and catfish. There are also large- and small mouth bass, striped bass, and panfish.

**Quarry Lakes** in Fremont is the Park District's newest water recreation park, offering 350 acres of lakes. A white sandy beach, bathhouse, and

vending machines are available at Horseshoe Lake. Fishing and boating are also popular activities here.

**Shadow Cliffs** in Pleasanton hosts an 80-acre lake and four-flume waterslide. Rowboats, electric motorboats, and paddleboats are available to rent, or visitors may launch their own boats (17-foot maximum, electric only).

**Lake Temescal** in Oakland is a 13-acre lake, popular for swimming and shoreline fishing. This is one of the Park District's three original parks and first opened as a recreation area in 1936. The setting is lush with native and ornamental plants, including a beautiful rose garden.

If you're looking for a nice family-friendly swim area close to home, try one of the Park District's three-chlorinated lagoons, **Don Castro** in Hayward, **Cull Canyon** in Castro Valley,



Cull Canyon swim lagoon.

and **Contra Loma** in Antioch. White sandy beaches with changing areas and refreshment stands surround each swim area. For pool lovers, **Roberts Regional Recreation Area** in the Oakland hills has a 25-yard, heated swimming pool in the midst of beautiful redwood trees.

## LAKES APPRECIATION WEEK July 1-6

On Friday morning, July 1, Regional Parks start with out free "Lakes Appreciation Week" Frisbees at the entry to all Regional Parks. Lakes Appreciation Week is part of the California Department of Water Resources CARE program, aimed at preserving the quality of our parks and resources. For more information on the CARE program, log on to [www.water.ca.gov](http://www.water.ca.gov). Frisbees will be available while supplies last!

Photo by Nancy McFarley

## Accessibility study

### Park District looks to disabled community for input on facility/program assessment

The East Bay Regional Park District strives to provide all of our visitors with an enjoyable outdoor experience. Our goal is to enhance our parks and recreational opportunities by removing obstacles and providing additional barrier-free access when possible.

To do this, we are conducting an extensive assessment of picnic areas, restrooms, trails, visitor centers and programs. We are asking for input from individuals and organizations requiring

extra assistance or a barrier-free environment when visiting our parks.

Our assessment survey can be completed by mail, through our Web site, or over the phone. If you are interested in assisting us with this very important project, please call (510) 544-2003 (TDD 510-633-0460). If you would like to complete the survey online, go to [www.ebparks.org](http://www.ebparks.org) and look for the "Accessibility Survey" button on the home page.

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### General Info/Free Brochure:

***** (510) 562-PARK
Camping Reservations
***** (510) 562-CAMP
Picnic Reservations
***** (510) 636-1684
Naturalist Program Reservations
***** (510) 636-1684
TDD ***** (510) 633-0460
Website ..... <a href="http://www.ebparks.org">www.ebparks.org</a>

## Iron Horse Regional Trail link to Dublin/Pleasanton BART now open

A much-anticipated portion of the Iron Horse Trail is officially open to the public. The new 1.3-mile section connects the Dublin/Pleasanton BART station to the Iron Horse Regional Trail, which passes through the communities of Dublin, San Ramon, Danville, Alamo, Walnut Creek, Pleasant Hill, and Concord. This 25-mile, paved, multi-use trail provides recreation opportunities and is a non-motorized transportation corridor linking parks, residential areas, businesses, school, and multi-modal transportation centers.

The trail includes a direct link into the Pleasant Hill and Dublin/Pleasanton BART stations, and is less than one-mile from the Walnut Creek station. This section of the trail was completed by a joint effort between Alameda County, City of Dublin, BART, and the Park District.

**FUN FACT:** The Iron Horse Trail is the Park District's most popular facility. Surveys indicate that one million user trips occur on the trail each year—and over one third of those trips are for traveling to work, school, or shopping.



## Chabot Space & Science Center

Chabot Space & Science Center

the universe is yours to experience. Set amid 1000 acres in Redwood Regional Park, with panoramic views of San Francisco, the Oakland foothills, and the Oakland Estuary, Chabot is a hands-on education of sights, sounds, and sensations. Programs include:

- School groups
- Teacher workshops
- Summer camps
- Teen volunteers

To purchase advance tickets call (510) 536-7771 or visit [www.chabotspace.org](http://www.chabotspace.org)  
1000 Skyline Blvd., Oakland, CA 94609  
1.3 miles from Dublin BART station  
(510) 536-7771  
[www.chabotspace.org](http://www.chabotspace.org)  
East Bay Regional Park District  
Chabot Space and Science Center



## Fourth of July

the national flag will be on display on July 4. Picnic sites available on a first-come, first-served basis. Picnics cannot be reserved on July 4. Arrive early to ensure a variety of sites, especially at parks that have swim areas. Portable toilets are allowed, but must be kept on lawn areas away from grass and brush. **No fireworks of any kind are allowed** in the Regional Parks, not even "safe and sane" variety, due to high fire danger during the summer season.

## Park District dedicates training center honor former general manager



Photo by Lynette Journeay

District employees install the new Trudeau Training Center. Rain threatened in the days prior to the center's dedication, but the weather cleared on the day of the festivities.

Park District's headquarters for 30 years. Now remodeled, it is designed to meet District and public and private sector training needs. The training center is located at the intersection of Redwood Regional Park, Mt. Diablo, Oakland, and San Francisco. The center currently lives in Lafayette with his wife Phyllis.

## 10th Anniversary Trails Challenge

Are you interested in exploring more of the Regional Parks but are not sure where to start? Consider joining the Trails Challenge. A \$10 registration fee will get you a 10th Anniversary Trails Challenge Guidebook with detailed maps and descriptions of the 20 favorite trails as rated by staff, volunteers, and past participants. Challenge trails vary greatly in length and difficulty, so people of all ages and abilities can participate. The Trails Challenge isn't restricted to hikers—bicyclists, equestrians, wheelchair users, runners and skaters are welcome, too. You have until December 1, 2003, to complete just five of the 20 trails to receive a 10th Anniversary pin and special gift. To register visit [www.ebparks.org](http://www.ebparks.org) or phone (510) 636-1684.

The District honored former General Manager Richard C. Trudeau by dedicating the Richard C. Trudeau Training Center at 11500 Skyline Blvd. in Oakland, the location of the Park District's former headquarters. Trudeau was general manager of the Park District from 1969 through 1985. The Park District grew from 19 parks and 20,000 acres in 1968 to 45 parks and 60,000 acres in 1985, when Trudeau retired. Presently the Park District has 65 Regional Parks and nearly 95,000 acres. The center served

The Park District offers docent volunteer opportunities at its nine visitor centers (see page 15 for a listing). Docents assist naturalists in providing cultural and natural history programs for schools and visiting families. Training is provided and the only requirements are that volunteers be friendly, patient, and enjoying working with the public, especially children. For those who would rather work behind the scenes, a number of resource inventory projects are available on a year-round basis. For more information about volunteering, please call our Volunteer Coordinator at (510) 544-2515.

## Volunteers Needed!

**National Trails Day:** Sat., July 12, 9 a.m.-1:30 p.m. Join the Park District and public and private sector training needs. The training center is located at the intersection of Redwood Regional Park, Mt. Diablo, Oakland, and San Francisco. The center currently lives in Lafayette with his wife Phyllis.

## EVENTS IN THE PARKS

**Independence Day Celebration:** Ardenwood Historic Farm, Friday, July 4, 10 a.m.-4 p.m. Celebrate the Fourth of July 1900s style with games, contests and races for everyone. Bring a picnic and spend the day. Special event fee: \$7.50 adults, \$5.50 seniors, \$5 children, under 4 years free.

**Family Fun Night:** Sunol Regional Park, Thursday, July 10, 5:30-7 p.m. Entertainment, fun for kids, arts and crafts, walk with a naturalist. FREE; parking fee. Info: (510) 544-2553.

**Crab Cove Summer Concert Series:** Crab Cove Visitor Center at Crown Beach, Alameda, Friday, July 11, 5:30-7:30 p.m. Co-sponsored with West Alameda Business Association, featuring Radio Noise playing Reggae/Pop/Rock. FREE; parking fees apply.

**Full Moon Paddle:** Lake Chabot, Sat., July 12, 7-10 p.m. This one-time course is the first step in learning paddle touring and sea kayaking. Explore the lake at twilight; return to the marina as the moon rises. A brief intro to equipment and paddle strokes will be provided. Fee: \$69 (non-res. \$77). Registration required: (510) 636-1684.

**Family Fun Night:** Coyote Hills, Thursday, July 17, 5:30-7 p.m. Entertainment, fun for kids, arts and crafts, nature hike. FREE but parking fees apply. Info: (510) 544-2553.

**Wheat Harvesting:** Ardenwood Historic Farm, Sat., July 19, and Sunday, July 20, 11 a.m.-3 p.m. Watch the Oakland Museum's Best Steam Engine in action! See a stationary threshing, hay loader and hay baler at work, try your hand at old-fashioned hand tools. Admission fee.

**Black Diamond Summer Concert Series:** Black Diamond, Antioch, Sat., July 19, 7-9 p.m. Outdoor concert featuring Alhambra Valley Band, traditional Bluegrass. \$10 parking fee.

**Family Fun Night:** Ardenwood Historic Farm, Thursday, July 24, 5:30-7 p.m. Entertainment, fun for kids, art and crafts, explore the farm. Admission fee. Info: (510) 544-2553.

**Celebrate the Strait Kick-Off Event:** Eckley Pier, Carquinez Strait Regional Shoreline, Sat., August 2, noon. BBQ and square dancing with a range of hikes, fishing, historic tours.

Tickets available in advance; FEE: \$20 ages 12 and up; kids under 12 are free! Info: (925) 228-8860, or see [www.carquinezstrait.org](http://www.carquinezstrait.org).

**Crab Cove Summer Concert Series:** Crab Cove Visitor Center at Crown Beach, Alameda, Friday, August 8, 5:30-7:30 p.m. Co-sponsored with West Alameda Business Association featuring Napata & The Chocolate Kisses playing Supreme's-style R&B. FREE. Parking fees apply.

**Educators Academy:** Crab Cove Visitor Center at Crown Beach, Alameda, Sat., August 9, 9:30 a.m.-4 p.m. International award-winning education program for K-12 teachers. Extended education credit from CSUH available. Fee \$45 (\$51 non-res.) Registration required: (510) 636-1684.

**Scene on the Strait 2003:** Martinez Regional Shoreline, Sat., August 9, and Sunday, August 10, 11 a.m.-4 p.m. Largest outdoor art and environmental festival in California. Nationally renowned artists, food, entertainment. FREE.

**A Walk in Time-History in the Making:** Ardenwood Historic Farm, Sat., August 16, 10 a.m.-4 p.m. Arts and crafts for children, tours of the elegantly restored Patterson House, silent films, children's lawn games and Victorian garden tours. Classical musical groups and local talents perform. Fine art displays by local artists. FEE: \$5 for adults & seniors (16 years and older), under 16 years free.

**Black Diamond Summer Concert Series:** Black Diamond, Antioch, Sat., August 16, 7-9 p.m. Outdoor concert featuring Golden Bough, Celtic music. \$10 parking fee.

**Celebrate the Strait Closing Event:** Eckley Pier, Carquinez Strait Regional Shoreline, Sun., August 24, starting at noon. Kite Festival and Family Picnic.

**Historic Rail Fair:** Ardenwood Historic Farm, Sat.-Mon., Aug. 30-Sept. 1, 10 a.m.-4 p.m. Horse-drawn train rides, local railroad history, visit rail and hobo camps, see model railroads. Take a ride on "Deanna," an 1891 Baldwin Steam Locomotive. Special event fee: \$7.50 adults, \$5.50 seniors, \$5 children, under 4 years free.

New!

## FAMILY FUN NIGHTS

New!

The East Bay Regional Park District invites you to our newest featured event—Family Fun Nights! These events are held on Thursday evenings from 5:30-7 p.m. Bring your family, friends, and a picnic dinner and we'll provide the entertainment. Activities will include face painting, arts & crafts, and walks with a naturalist.

The event is FREE (admission fee at the Ardenwood event and parking fees apply). Dates and locations are July 10 at Sunol Regional Wilderness Visitor Center, July 17 at Coyote Hills Visitor Center, and July 24 at Ardenwood Historic Farm. Please call (510) 544-2553 for more information and future August events.



**ROBERTS POOL SWIM PROGRAMS**

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 6 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability. If fewer than 4 students are registered in any one class, classes may be combined or canceled. No-shows on the first day of the session will be dropped unless advanced notification is given by calling (510) 482-0971.

**Registration required: (510) 636-1684.** Phone or walk-in registration only, no mail-in registration accepted.

**SKILL LEVEL DESCRIPTIONS**

**Parent/Preschooler:** for children 3-5 years, must be accompanied by an adult in the water, designed to help young kids become comfortable in the water so they are ready to learn to swim. No pre-requisite.

**Level I-Water Exploration:** for age 5 and up, skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety.

**Level II-Primary Skills:** for age 6 and older, skills include unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite: Level I skills.

**Level III-Stroke Readiness:** for age 6 and older, skills include object retrieval, jump/dive recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Pre-requisite: Level II skills.

**Level IV-Stroke Development:** front/back crawl and elementary backstroke, introduction to breast stroke, side stroke, stroking down free, open turns at walls, rescue breathing, and CPR. Pre-requisite: Level III skills.

**Level V-Stroke Refinement:** continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

**Level VI-Skill Proficiency:** technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Pre-requisite: Level V skills.

**Level VII-Advanced Skills:** continued emphasis on technique and endurance, plus additional safety and rescue skills. Pre-requisite: Level VI skills.

**MORNING SWIM LESSONS**

Roberts Pool, Oakland ★ Staff  
Group lessons for all levels. Each session offers 10 half-hour lessons scheduled on weekday mornings for two consecutive weeks.

**Fee: \$45/session (non-res. \$51)**

**Session 1: 6/16-6/27 (Mon.-Fri.)**

10-10:30am ..... Levels I, II, V, VI-VII

10:30-11am ..... Levels I, II, III, IV

11-11:30am ..... Levels I, II, III, IV

11:30-noon ..... Parent/Pre, I, II, III

**Session 2: 6/30-7/11 (Mon.-Fri.)**

(no lessons on 7/4)

10-10:30am ..... Levels I, II, V, VI-VII

10:30-11am ..... Levels I, II, III, IV

11-11:30am ..... Levels I, II, III, IV

11:30-noon ..... Parent/Pre, I, II, III

**Session 3: 7/14-7/25 (Mon.-Fri.)**

10-10:30am ..... Levels II, III, IV, (VI-VII)\*

10:30-11am ..... Levels I, III, IV, (V)\*

11-11:30am ..... Levels I, II, III

11:30-noon ..... Parent/Pre, I, II, IV

**Session 4: 7/28-8/8 (Mon.-Fri.)**

10-10:30am ..... Levels II, III, IV, (VI-VII)\*

10:30-11am ..... Levels I, III, IV, (V)\*

11-11:30am ..... Levels I, II, III

11:30-noon ..... Parent/Pre, I, II, IV

**Session 5: 8/11-8/22 (Mon.-Fri.)**

10-10:30am ..... Levels II, III, IV, (VI-VII)\*

10:30-11am ..... Levels I, III, IV, (V)\*

11-11:30am ..... Levels I, II, III

11:30-noon ..... Parent/Pre, I, II, IV

**\*Note:** Sessions 3, 4, and 5 offer extended

45-minute lessons for Levels V and VI-VII.

Levels VI-VII: 10-10:45am. Level V:

10:45-11:30am. Fee: \$60/session

(non-res \$66)

**EVENING SWIM LESSONS**

Roberts Pool, Oakland ★ Staff

6-6:30pm

Group lessons for Parent/Preschoolers, and Adult Beginners and Intermediates. Each session offers 10 half-hour lessons scheduled on weekday evenings for 2 consecutive weeks.

**Fee: \$45/session (non-res. \$51)**

**Session A: 6/16-6/27 (Mon.-Fri.)** Parent/Pre

**Session B: 6/30-7/11 (Mon.-Fri.)**, no lessons

on 7/4) Parent/Pre, Adult

**Session C: 7/14-7/25 (Mon.-Fri.)** Parent/Pre

**Session D: 7/28-8/8 (Mon.-Fri.)** Parent/Pre,

Adult

**Session E: 8/11-8/22 (Mon.-Fri.)** Parent/Pre

**PRIVATE SWIM LESSONS**

Roberts Pool, Oakland ★ Staff  
Want to improve your swimming skills? Does your child need special attention? Need custom work on competitive strokes? These private lessons consist of one-on-one instruction to achieve maximum results. 2 day sessions.

**Fee: \$38/2 day session (non-res. \$42)**

Dates: 6/16-6/19; 6/23-6/26; 6/30-7/3; 7/7-7/10; 7/14-7/17; 7/21-7/24; 7/28-7/31; 8/4-8/7; 8/11-8/14; 8/18-8/21.

Times: 6:30-7pm, 7-7:30pm, 7:30-8pm,

Mon/Tues or Wed/Thurs.

**EVENING LAP SWIM**

Roberts Pool, Oakland ★ Staff

6-8pm, Mon.-Thurs. 6/16-8/21

6-7pm, Fri. 6/20-8/22 (no lap swim 7/4)

Swimming is one of the best fitness activities; enjoy your workout in a heated outdoor pool in the redwoods. Lane lines provided. (15+ yrs)

**Fee: \$3.50/swim or \$25 for 10 swims**

**RECREATION SWIM**

Roberts Pool, Oakland ★ Staff

11am-6pm, Sat/Sun/Holidays 4/12-10/12

12:30-5:30pm, Mon. 6/9-8/25

12:30-5:30pm, Tues.-Fri. 6/10-8/29

Enjoy swimming in an outdoor pool. Pool is 25 yards long, heated, disabled accessible; lifeguard service provided. 15-minute adult swim every hour. Children under 1 year get in free.

**Fee: \$3/adult; \$2/senior & disabled; \$2/child; \$4/weekend parking fee**

**DISABLED SWIM**

Roberts Pool, Oakland ★ Staff

12:30-3:30pm, Mondays only: 6/9-8/25

Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.

**Fee: \$3/adult; \$2/senior & disabled; \$2/child**

**PRIVATE POOL RESERVATIONS**

Roberts Pool, Oakland ★ Staff

M-F daytime only, 4/14-6/6

M-F daytime only, 9/2-10/10

Roberts Pool is a perfect facility for a swim party. Lifeguard service is provided. 150 person maximum; alcohol not permitted.

**Fee varies; call for info.**

**Reg. Required: (510) 636-1684**

**RECREATION**

For Recreation Department information, call (510) 544-2553 or email [recreation@ebparks.org](mailto:recreation@ebparks.org). Special Cancellation Policy applies for all Recreation programs; see page 15.

**TRAILS CHALLENGE**

Join in on the 10th Anniversary of Trails Challenge (#3432)—one of our most popular programs! Your registration includes the 10th Anniversary edition of the Challenge Guidebook, with detailed maps and descriptions of the top 20 trails accessible to hikers, bikers, equestrians and the disabled.

Earn a commemorative pin for completing five trails by DEC. !! Dare to become a true Trails Challenger!  
**Reg. Required: (510) 636-1684**  
**Fee: \$10 (non-res. \$12)**

**MAY MARATHON**

May you ever want to run a marathon but thought you didn't have the time or energy? Well, the May Marathon (#3433) will make a marathoner out of you! Complete 26 miles during May by running, walking, bicycling, skating, or riding. You will receive your hard-earned 10th Anniversary T-shirt and pin to mark your success! Take the challenge! Fee includes registration

into Trails Challenge and May Marathon.

**Reg Required: (510) 636-1684**

**Fee: \$15 (non-res. \$17)**

**INTRO TO GOLF**

Tilden Golf Course ★ American Golf

9-11am, Tue, Jul 1 #4489

3-5pm, Fri, Jul 25 #4490

10am-noon, Mon, Aug 25 #4491

Have fun in a relaxed atmosphere and learn the fundamentals of golf. This introductory clinic teaches pre-shot fundamentals, terminology/ equipment overview, and full-swing fundamentals. Instructors will discuss how you can continue if you'd like to play on the

**JUNIOR LIFEGUARD**

9am-3pm, Mon-Fri. (Free sessions; dates and times subject to change)

Beach and water fun for instruction in water safety, CPR, lifeguard skills and physical conditioning

is on self-esteem training. Must complete a 50-yard swim the first day. (9-15 yrs)

Course ... Date ... Fee

3633 ... 6/16-6/27 ... \$40

3634 ... 7/17-7/18 ... \$40

3635 ... 7/28-8/8 ... \$40

3636 ... 6/16-6/27 ... \$40

3637 ... 7/17-7/18 ... \$40

3638 ... 7/28-8/8 ... \$40

3639 ... 6/16-6/27 ... \$40

3640 ... 7/17-7/18 ... \$40

3641 ... 7/28-8/8 ... \$40

3642 ... 6/16-6/27 ... \$40

3643 ... 7/17-7/18 ... \$40

3644 ... 7/28-8/8 ... \$40

3645 ... 6/16-6/27 ... \$40

3646 ... 7/17-7/18 ... \$40

3647 ... 7/28-8/8 ... \$40

3648 ... 6/16-6/27 ... \$40

3649 ... 7/17-7/18 ... \$40

3650 ... 7/28-8/8 ... \$40

**Fee: \$170/2-week session**

**\$188, \$130 for each additional**

**child in family or for each**

**session when enrolled in**

**than one. One-time**

**\$30, includes T-shirt, hat,**

**trunks with patch.**

**Reg. Required: (510) 636-**

**OPEN WATER**

**OPEN WATER LAP**

April-October during regular

Swim laps in a lake—no obstructions

lane lines! Bring goggles, swim cap,

pull buoy and hand paddles if

Available at Lake Anza (Tilden)

Lakes, Shadow Cliffs and Lake

**Fee: varies by facility**

**Info: (510) 636-1684**

**SNORKEL/SCUBA**

Shadow Cliffs

Ongoing, call for dates and

Snorkeling and scuba lessons

and specialty classes for certified

(12+ yrs)

**Fee**

**Info: (510)**

**course. Golf balls and**

**provided. Participants will**

**a free \$20 range card for**

**driving range and \$20 off**

**at the golf course. (14+ yrs)**

**Reg. Required: (510) 636-**

**Fee: \$50 (non-res. \$50)**

**BROOKS ISLAND ADULT**

**CCK**

Brooks Island-Richmond

California Golf

9am-3pm, Sat, Jul 12 #4500

24 #4504

Be whisked away to a beautiful

in the bay! This guided, half-

day trip to Brooks Island

short paddle in stable, calm

water.



**Info: (510)**

**Program info-Ardenwood: (510) 796-0663; Black Diamond: (925) 757-2620; Coyote Hills: (510) 795-9385; Crab Cove: (510) 521-6887; Sunol: (925) 862-2601; Tilden: (510) 636-1684**



ercent introduction to kayaking  
beginners that includes instruction  
stroke strokes, equipment, etc.  
y a guided, relaxed, 2-mile hike  
this island's preserved shoreline  
normally closed to visitors.  
enjoy this beautiful place!



**Required: (510) 636-1684**  
\$70 (non-res. \$78)

**OVER KAYAKING**    
Chabot Marina




Current Adventures  
+2:30pm, Sat, Jul 12 (Lake  
#4495, Sun, Aug 3 (Lake  
#4496, Sat, Aug 23 (Lake  
#4497

is the time to learn how to kayak!  
course is the first step in learning  
touring and sea kayaking. Get  
with instruction for paddling in  
water from certified instructors.  
learners learn about equipment  
tion and basic paddling techniques  
touring the lake in a single kayak  
le kayaks available upon request  
adult/child paddlers). You'll  
lots of time to practice as we  
the base and inlets of the lake.  
es stop for shared potluck lunch.  
participation required for youth  
#4495, (3-5+ yrs)

**Required: (510) 636-1684**  
\$79/Adult, \$59/Child  
\$75/\$65)

**ILLY CAMP-OUTS**   
Lake Campground   
11am-noon, Sun, Jul 12 #4157, Jul  
#4158, Jul 26 #4159, Aug 2 #4160,  
#4161—last chance to register!  
spend the night with your family  
in a beautiful local park.  
friends in a beautiful local park.  
from TV's, telephones, and video  
! These weekends are perfect for  
with little or no camping experi-  
Weekend activities may include,  
arts & crafts, nature programs  
campfire. Come prepared to  
enjoy the outdoors, and spend  
your time with your family. Your fee  
includes two meals, arts & crafts,  
and programs, experienced staff  
moony shared campsite. Bring  
tent, bedding, eating utensils and  
lights, we'll provide the rest! All  
must be accompanied by an  
**Financial assistance and tents**  
available for low-income fami-



**Required: (510) 636-1684**  
\$45/adult, \$39/child  
\$51/\$43)

**TO FLYFISHING**    
Lake Anza   
1pm, Sun, Jul 13 #4493, Aug 10

aching and informative day is  
toward the beginning angler.  
three hours at Lake Anza to  
e casting with coaching from a  
ed fly-casting instructor. Then  
three hours of classroom  
tion where you will be intro-

duced to knots, fly selection, reading  
the water, and more. Don't miss your  
chance to learn! (18+ yrs)



**Reg. Required: (510) 635-0138**  
**Fee: \$60 (non-res. \$66)**

**INTRO TO BAY PADDLING-CA**    
Martin Luther King Jr. Shoreline  
Current Adventures

10am-4pm, Sat, Jul 26 #4499, Sun, Aug  
24 #4500

If you were with us for Discover  
Kayaking or have basic kayaking  
knowledge, come join us for this  
intermediate class! This is an in-depth  
focus on skills necessary to go pad-  
dling on your own. You will learn  
proper strokes and maneuvers, tide/  
current basics while paddling on the  
bay, and capsiz recovery. You will  
also earn a certificate to rent your own  
kayak. The marshlands surrounding  
M.L.K. Jr. shoreline offer great  
opportunities for viewing shorebirds  
while you learn to navigate the bay  
environment. Parent participation is  
required for children 10-13. (10+ yrs)



**Reg. Required: (510) 636-1684**  
**Fee: \$85 (non-res. \$95)**

**BROOKS ISLAND ADVENTURE-CA**    
Brooks Island-Richmond Marina

Current Adventures  
11am-4pm, Sun, Jul 27 #4501,  
Sat, Aug 16 #4502

Come join us for an exciting day of  
kayaking and exploration! Instructors  
will give a brief introduction to  
equipment and strokes during a trip  
through the picturesque Richmond  
Harbor. The trip is an easy, short  
paddle in stable, double kayaks across  
sheltered bay water with spectacular  
views of San Francisco and the  
bridges. Paddle along Brooks Island  
preserved shoreline then come ashore  
to enjoy a guided, 2-mile hike around  
the island which is normally closed to  
visitors. Includes a stop for a shared  
potluck lunch. (14+ yrs)

**Reg. Required: (510) 636-1684**  
**Fee: \$85 (non-res. \$95)**

**FULL MOON PADDLE**    
Lake Chabot Marina

Current Adventures  
7-10pm, Sat, Jul 12 #4498

This ONE-TIME course is the first step  
in learning paddle touring and sea  
kayaking. Get in-depth instruction for  
paddling in calm water. Participants  
will explore the lake during twilight  
and return to the marina as the moon  
rises. A brief introduction to the  
equipment and paddle strokes will be  
provided for those who have never  
kayaked. Don't miss out! Parent  
participation required for youth age 5-  
13. (5+ yrs)

**Reg. Required: (510) 636-1684**  
**Fee: \$69 (non-res. \$77)**



This group of flycasters enjoyed the Intro. to Flyfishing offered last March, and gained much classroom knowledge plus outdoor experience casting at the lake at Shadow Cliffs.

## ARDENWOOD

Ardenwood is open Tues.-Sun. from  
10 a.m.-4 p.m. plus Labor Day. Food  
service and Patterson House tours  
are available Thurs.-Sun. Black-  
smithing and horsedrawn train rides  
are available Thurs., Fri., and Sun.  
Program and fee info: (510) 796-  
0663, ardnwood@ebparks.org, or  
www.ebparks.org. Admission fee  
applies.

## INDEPENDENCE DAY CELEBRATION

Ardenwood Gaeta Bell & Staff  
10am-4pm, Fri, Jul 4

Join us for a fun-filled community  
festival, 1900-style! Celebrate July 4th  
at Ardenwood with rousing patriotic  
music from a brass band on the lawn  
and fiddle music in the farmyard.  
There will be games, contests and races  
for everyone all day long. Test your  
skill at nail-driving, egg toss, water-  
melon seed spitting, join a bucket  
brigade and tug-o-war. Bring a picnic  
and spend the day the old-fashioned  
way!

**Info: (510) 796-0663**  
**Fee: Ardenwood Special Event Fee**

## A WALK IN TIME: HISTORY AND ART IN THE MAKING

Ardenwood Patterson House  
10am-4pm, Sat, Aug 16

Surround yourself with art, music, and  
history while enjoying Ardenwood's  
beauty and tranquility. Join us for a day  
filled with hands-on art and crafts for  
children, tours of the elegantly restored  
Patterson House, silent film viewing,  
children's lawn games and Victorian  
garden tours. Classical musical groups  
and local talents will serenade you as  
you enjoy fine art displays from a  
variety of well-known local artists.

**Info: (510) 796-0663**  
**Fee: \$5/16+ yrs; under 16 free**

## HISTORIC RAIL FAIR

Ardenwood S. P.C.R.R.  
10am-4pm, Sat.-Mon, Aug 30-Sept. 1  
"All Aboard!" Take a ride on  
America's only scheduled horse-drawn  
train. Explore local railroad history,  
visit rail and hobo camps, see model  
railroads in action and give a hand car

a try. Relive the age of rail power as  
you ride along behind the star of the  
show, "Deanna," an 1891 Baldwin  
Steam Locomotive.

**Info: (510) 796-0663**

## Fee: Ardenwood Special Event Fee VICTORIAN FLOWER ARRANGING

Ardenwood Volunteers  
10:15-11:30am, Thursdays  
Watch as our docents create floral  
works of art for display in the Patterson  
House.

**Info: (510) 796-0663**

## COUNTRY KITCHEN COOKIN' Staff

Ardenwood  
10:30am-1:30pm, Sundays in July &  
August

Enjoy the flavor of the past with treats  
cooked on our wood-burning stove.  
Sample famous farmyard cookies as  
you discover the history of the outdoor  
kitchen. Pick up an historic recipe to  
try at home.

**Info: (510) 796-0663**

## ANIMAL FEEDING

Ardenwood  
3pm, Thursdays-Sundays  
Help slop the hogs, check the henhouse  
for eggs, and bring hay to the livestock.  
You'll learn all the animals' favorite  
foods as you help shut the farm down  
for the evening.

**Info: (510) 796-0663**

## FARM TO FOOD

Ardenwood Elise McFarland  
11am-noon, Sat, Jul 5  
We'll take a walk around the farm and  
see what's springing up in our fields,  
sprouting in the vegetable garden, and  
growing on the trees. There's always  
something growing on the farm, and  
we'll get a taste of what crops are all  
about.

**Info: (510) 796-0663**

## CROQUET FOR KIDS

Ardenwood Staff  
1-2pm, Sun, Jul 6, Aug 10  
Ever wonder what a wicket is? Learn  
how fun this old-time sport is as we set  
a course and play a game. Adults with  
children are welcome to play as  
partners on a team.

**Info: (510) 796-0663**





Photo by Ira Bliz

Ardenwood Historic Farm is home to the East Bay Regional Park District's largest flock of Romney sheep—1 ram, 5 ewes and 1 ewe lamb. The breed was developed in England during the 1800s and introduced into America in 1904. Known for their long and lustrous fleece, which hangs in separate locks, the Romney's wool is prized by commercial wool buyers and craftspeople. The white fleece is especially attractive to those who practice the ancient art of handspinning. The wool is easily spun and easy to dye. Romney wool is used for everything from sweaters to outerwear to carpets.

## FLOUR POWER

Ardenwood Staff  
1-2:30pm, Sat, Jul 5, Sun, Jul 6, Sat,  
Jul 12, Sun, Jul 13

Explore the steps involved in processing our wheat into flour. Lend a hand bringing in the sheaves, learn ancient and turn-of-the-last-century methods of threshing and help mill the grain into flour. After some work we'll stop by the Country Kitchen for a tasty whole wheat treat fresh from the oven.

**Info: (510) 796-0663**

## LOVELY LADIES CROQUET

Ardenwood Volunteers  
1-3pm, Sun, Jul 6, Aug 10

A proper Victorian lady wasn't always limited to watching sports from the sidelines because of the social requirements of the day. Don't miss your chance to watch an entertaining example of a "very Victorian" croquet game.

**Info: (510) 796-0663**

## BERRY PICKING

Ardenwood Garcia/Reinertson  
10:30-11:30am, Sat, Jul 12, Sun, Jul 13, Sat, Jul 26, Sun, Jul 27, Sat, Aug 9  
Summer's succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats.

**Info: (510) 796-0663**

## RECYCLED BIRDHOUSES

Ardenwood Gloria Guy  
11am-noon, Sat, Jul 12, Aug 9  
Bring your own half gallon milk carton and discover how to make a beautiful birdhouse or feeder. Together we'll learn why recycling is good for the

planet and our local birds! Younger builders (5-6 yrs) will need help from their parents.

**Info: (510) 796-0663**

## OLD-FASHIONED ICE CREAM

Ardenwood Staff  
2-3pm, Sun, Jul 13, Sat, Jul 19, Sun, Jul 20, Sun, Aug 3, Sat, Aug 9, Sun, Aug 17, Sat, Aug 23

Invented in 1846, the hand cranked ice cream freezer made frozen desserts fashionable at Victorian dinner parties. While turn-of-the-last-century chefs experimented with cucumbers, spinach, and curry, we'll stick to flavors that have stood the test of time as we crank up a batch of this all-American treat.

**Info: (510) 796-0663**

## WHEAT HARVESTING

Ardenwood Staff  
11am-3pm, Sat & Sun, Jul 19, 20  
Come see the Oakland Museum's Best Steam Engine in action! Manufactured in San Leandro in 1902, this beautifully-restored machine will pull Ardenwood's 1920s era Holt combined harvester through our wheat field. On this special weekend, you'll also see a stationary thresher, hay loader and hay baler at work, and be able to try your skill at old-fashioned hand tools used to separate the wheat from the chaff. Sample a delicious treat baked by our volunteers at the wood-fired stove with the whole wheat flour you help mill straight from the field.

**Info: (510) 796-0663**

## FARM SONGS ON THE HORSE-DRAWN WAGON

Ardenwood Tara Reinertson  
11am-noon, Sun, Jul 20, Aug 10, 24  
Come aboard our horse-drawn wagon and sing along with a guitar playing

naturalist as we tour the farm. As we ride along we will sing old-time songs of farms, horses and railroads and learn about the important history of agriculture in California.

**Info: (510) 796-0663**

## HAY HOISTING

Ardenwood Staff  
1-2pm, Sat, Jul 26, Aug 16, 23  
Make rope with our antique machine, then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

**Info: (510) 796-0663**

## HISTORY TOUR

Ardenwood Christina Garcia  
2-3pm, Sat, Jul 26, Aug 16  
Tour the grounds of this agricultural preserve and hear the story of the families that once lived and worked here. Take a peek into the outhouse and the milkhouse and learn what life was like on a farm 100 years ago.

**Info: (510) 796-0663**

## A ROSE IS JUST A ROSA ODORATA

Ardenwood Gloria Guy  
2-3pm, Sun, Jul 27  
Ever wonder how yellow roses once symbolized being worthy but now represents friendship? As we tour Ardenwood's gardens, we'll learn about the Victorian meanings and the secret messages roses once held. See how many flowers have retained that personality.

**Info: (510) 796-0663**

## DROP-IN KNITTING

Ardenwood Elise McFarland  
1-2pm, Sun, Jul 27, Aug 10, 31  
Learn to knit, or bring a project you're already working on as we discuss the history of this useful and relaxing art! All skill levels are encouraged to come; feel free to bring any projects you need help with.

**Info: (510) 796-0663**

## FARMYARD GAMES

Ardenwood Staff  
1-2pm, Sun, Jul 27, Aug 3, 17, 31  
Leave your modern amusements behind and try your hand at some old-fashioned fun! Hop like a bunny in sack races, pull like a bull in tug-o-war and fly like a peacock during a potato-spoon race. Bring the family and test your skill.

**Info: (510) 796-0663**

## FARM ART

Ardenwood Christina Garcia  
2-3pm, Sat, Aug 2  
Take a walk through the farmyard and gardens to collect seeds, wool, straw and other interesting materials. Learn which plants and animals provide these treasures and then use them to create a unique farm collage with our art supplies and your imagination.

**Info: (510) 796-0663**

**FARM CHORES FOR THE**  
Ardenwood  
10:30-11:30am, Sat, Aug 2,  
31

There's always work to do on a farm. Come out and lend a hand with morning chores. Help make animal pens, weed in the yard and crack corn for the chickens.

**Info: (510) 796-0663**

## FROM HORSE TO DEER

Ardenwood  
1-2pm, Sat, Aug 2  
John Deere, that is! Come and learn about our collection of antique farming equipment. Percheron draft horses and their engine to our collection of tools. How farming technology changed the result of steam and combustion engines.

**Info: (510) 796-0663**

## CUTTING YOUR WAY TO AN HERB GARDEN

Ardenwood  
11am-noon, Sun, Aug 3, Aug 10  
Join us in our Victorian herb garden and learn how easy it is to grow plants from cuttings of fragrant herbs such as lavender and rosemary. Bring home some lovely cuttings to your own garden.

**Info: (510) 796-0663**

## LAUNDRY DAY

Ardenwood  
1-2pm, Sat, Aug 9  
Step back to the days before washing machines when doing the laundry was a dreaded task. Try your hand at a dolly stick, washboard or wringer. You help us scrub our farm clean.

**Info: (510) 796-0663**

## BARNYARD BUDDIES

Ardenwood  
10:30-11:30am, Sat, Aug 10, 24  
Here's your chance to get up close and all your favorite barnyard buddies. The goats a snack, pet a bunny, the heifers and tickle a chickadee.

**Info: (510) 796-0663**

## POTATO HARVESTING

Ardenwood  
10:30-11:30am, Sat, Aug 2,  
10, 24  
It's time for the great potato harvest! Hear the history of the humble tuber and how it can be one of the world's favorite foods. Then dig in your spade and get the spuds to take home.

**Info: (510) 796-0663**

## WORKING WITH WOOL

Ardenwood  
1-2:30pm, Sun, Aug 24  
See how sheep's wool is used in yarn and cloth. Learn how to spin cards, see how a spinning wheel works and take a turn with the drop.

**Info: (510) 796-0663**



**HAT'S BREWING****THE FARM**

Hawwood

Spm, Mon. Sept. 1

Brewing was common on 19th century farms. Join us on Labor Day as we brew up a special batch of honey-mead. We'll also use ingredients from right on the farm. Taste the fruits of our labor or sip some homemade rootbeer. Info: (510) 796-0663

**BLACK DIAMOND**

Butterhouse Visitor Center is open from 10 a.m.-4 p.m. Saturdays and Sundays March through November. Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville and in Antioch. For info call (925) 757-2620 or email [info@ebparks.org](mailto:info@ebparks.org).

**HAZEL-ATLAS****HAZEL-SAND MINE TOUR**

Black Diamond

10am-3pm, Saturdays &amp; Sundays

Explore the underground through a guided tour and learn its history, geology, and the methods used to mine sandstone. An hour-long, advanced-reservation tour is offered at 11am through November. First-come, first-served tours are offered at noon and 3pm only. (7+yrs)  
Reg. Required: (510) 636-1684  
Fee: \$3

**BUTTERHOUSE****VISITOR CENTER**

Black Diamond

10am-430pm, Saturdays &amp; Sundays

See the workings of a 20th-century mine and learn about the lives of 19th-century coal miners in the Butterhouse Visitor Center. Artifacts and photographs are displayed and a mine featuring former Mt. Diablo residents is shown.

(925) 757-2620

**KNOSSES FOR SNAKES**

Black Diamond

10am-3pm, Sat, Jul 5

Step into the cool underground to explore the slithering world of snakes. We'll see a slide show, meet a snake, and then watch one of our resident snakes have a snack.  
Info: (925) 757-2620  
Fee

**KNOBBS**

Black Diamond

10am-5pm, Thu, Jul 17, Aug. 21

Knobbs were boys 8 and older who helped coal miners work underground. Our modern day class of knobbs and both boys and girls enjoy life as a naturalist. July 17: Life underground. August 21: Seeds. (8-12yrs)  
Reg. Required: (925) 757-2620  
Fee: \$6 (non-res. \$8)

Ira Bletz

**ALHAMBRA VALLEY BAND**

Black Diamond

7-9pm, Sat, Jul 19

Join us for a delightful evening of lively, foot-tapping music. Featured at many festivals, the group performs a mix of bluegrass, American folk, and traditional styles of music and song.  
Info: (925) 757-2620  
Parking fee: \$10

**DO IT YOURSELF DOLLS**

Black Diamond

1:30-4pm, Sat, Jul 26

Learn about dolls used by early pioneers as you make one of your own. We'll provide everything you need to craft this classic toy. (6+yrs)  
Reg. Required: (925) 757-2620  
Fee: \$5 (non. res. \$7)

**HOW TO MEET A SNAKE**

Black Diamond

11am-noon, Sat, Aug 2

Wary of rattlers? Watch our video and learn the safe way to meet or avoid them on the trail.  
Info: (925) 757-2620  
No fee

**STAR SHOWER**

Black Diamond

8-11pm, Fri, Aug 8

Catch a shooting star tonight as they blaze across the horizon. We'll stay in the park after hours to watch the first part of the year's greatest meteor shower-the Perseids.  
Reg. Required: (925) 757-2620  
No fee

**SOMERSVILLE VAN****AND MINE TOUR**

Black Diamond

10am-noon, Sat, Aug 9 #4210, Aug 30 #4212

Leave the driving to us as we take a tour through a nineteenth-century mining townsite and walk through some cool underground passages in the Hazel-Atlas Mine. (55+yrs)  
Reg. Required: (510) 636-1684  
Fee: \$3

**GOLDEN BOUGH**

Black Diamond

7-9pm, Sat, Aug 16

This popular musical trio will conclude our summer concert series with their unique fusion of Celtic and original music. Using vocal harmonies and a wide variety of acoustic instruments, Golden Bough captures the essence and joy of the traditional folk music of Ireland, Scotland and other Celtic lands.  
Info: (925) 757-2620  
Parking fee: \$10

**SURVIVOR: CHAPARRAL**

Black Diamond

9-11am, Sat, Aug 23

Have a look at the ultimate challenge for plants-growing in a hot, dry climate-and find out how the winners adapt to their harsh surroundings.  
Info: (925) 757-2620  
No fee

**COYOTE HILLS**

The Coyote Hills Visitor Center is open Tue. - Sun. 9:30 a.m.-5 p.m. and Labor Day. "Possum's Pocket" has books, bug boxes, and other items for sale. The Garin Park Visitor Center is open Sat. and Sun. 10:00 a.m. to 4:30 p.m., and Fri., July 4. For info call (510) 795-9385 or email [chvisit@ebparks.org](mailto:chvisit@ebparks.org).

**MINIBEASTS!**

Coyote Hills

9:30-11:30am, Sat, Jul 5

What role does the most abundant animal on Earth play in the F.B.I.? Come find out why it's important as we investigate the wild world of the minibeasts! Training an insect for the Bug Olympics, learning about amazing transformations, and making some cool crafts to take home will give you an appreciation for these often feared and disliked animals. (6-12yrs)  
Reg. Required: (510) 795-9385  
Fee: \$3

**NURTURING ART-NATURE JOURNALS**

Coyote Hills

1-3pm, Sat, Jul 5

Exploring the natural world and recording your observations is a wonderful way to improve writing and observation skills. We'll start by making our own journals with recycled paper and finish by taking a reflective nature walk through the marsh to start the journaling process. (10+yrs)  
Reg. Required: (510) 795-9385  
Fee: \$5 (non-res. \$7)

**THE GARDEN IS OPEN**

Coyote Hills

10am-5pm, Sat, Jul 5, 12, every Sat. in Aug

Learn about plants that attract butterflies and hummingbirds and enjoy the Butterfly Garden in summer. Delight in the blossoms of the season or search

out the garden's more illusive inhabitants. Songbirds, hummingbirds, quail and an abundance of butterflies await you.

Info: (510) 795-9385  
No fee

**SUNDAY NATURE ADVENTURES**

Coyote Hills

2-3pm, Sundays, July-August

The park is full of a thousand stories about its plants, animals, and history. You'll be able to learn about snakes or butterflies, marshes or shellmounds and what makes them special to the park and important to the world we live in. Call for details for the day you're planning to visit. This program is perfect for scout and church groups.  
Info: (510) 795-9385  
No fee

**FLOWER FUN!**

Coyote Hills

1:30-2:30pm, Sat, Jul 12

Join us in a hands-on Butterfly Garden flower-pressing program. Have all the fun of learning to identify our nectar garden flowers and the pleasure of pressing samples of your favorite plants without the wait. Our express press technique will allow you to leave with your own picked and pressed posies. (6+yrs)  
Info: (510) 795-9385  
Fee: \$2

**OHLONE-STYLE STRING MAKING**

Coyote Hills

10am-noon, Sun, Jul 13 #4173

Sabrina Garibay (Ohlone) and Beverly Ortiz will teach you to make dogbane string. You'll also have an opportunity to learn about other native California leaf, stem and root fibers as well. (16+yrs)  
Reg. Required: (510) 636-1684  
Fee: \$15 (non-res. \$17)



Photo by Nancy McKay

Coyote Hills Regional Park in Fremont is notable for the rolling hills that line the park's bay shoreline. The Visitor Center and the marsh lie on the east side of the hills (left, foreground). Coyote Hills naturalists are known for interpretive programs highlighting the history and culture of the Tiubun Ohlone.





Photo by Shelly Lewis

Users of the Iron Horse Regional Trail can now directly access the Dublin/Pleasanton BART station from the trail. The paved trail's completion to the BART station now makes for an unbroken "commute" on the trail from Pleasant Hill. The completion of two short segments in the Walnut Creek/Concord area are all that remains to complete the trail northward to Highway 4.

enhanced hearing, and exceptional sense of smell, just to name a few. Join us as we explore the high-tech world of animal adaptations and which one humans have "borrowed"! (7-12yrs)  
**Reg. Required: (510) 795-9385**  
**No fee**

#### SHELLMOUND TOUR

Coyote Hills Kristina Parkison  
1-3pm, Sat, Aug 2  
Here's an opportunity to experience one of the Bay Area's rare resources—an Ohlone shellmound. The tour of the shellmound will begin in the Visitor Center with an introduction to Ohlone culture through artifacts and games. Along the way to the reconstructed village, we'll discover the natural history of the area's plants and animals and get a chance to make cordage. Join us for this fun and educational journey to a very special place.

**Reg. Required: (510) 795-9385**

**Fee: \$2/person, \$5/family**

#### DUSK DISCOVERIES

Coyote Hills Kristina Parkison  
7-9pm, Sat, Aug 2

Would you be afraid of the dark if you could smell as well as a coyote, see like an owl, or hear like a deer? Come find out on this excursion into the nocturnal world. Find out if bats really are blind, why coyotes howl, and how the night sky was made. Our friends, the bats, will provide refreshments! (8+yrs)

**Reg. Required: (510) 795-9385**

**Fee: \$2/person, \$5/family**

#### CULTURAL DEMOS AT THE SHELLMOUND

Coyote Hills Beverly Ortiz  
10am-4:30pm, Sun, Aug 3

Ohlone descendants will share their history and culture at a more than 2,000 year-old Ohlone village site.

#### SEA SQUIRTS

Exclusively for 3-5 year olds accompanied by an adult, Sea Squirts is a great way to discover nature with your little one. Each program offers outdoor exploration and a theme-related craft and snack. See our "Sea Siblings" program if you prefer to have 1-5 year olds join their 3-5 year old siblings. All classes meet at Crab Cove on Tuesdays. (3-5yrs) **July 15, 10-11:30 a.m., SEAWEED, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8).** **July 29, 10-11:30 a.m., SOLAR SURPRISE, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8).** **August 12, 10-11:30 a.m., GREEN PLANET, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8).** **August 26, 10-11:30 a.m., FABULOUS FEET: There's more to a mammals foot than a heel and toes. Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8).**

#### SHELLMOUND OPEN HOUSE

Coyote Hills Beverly Ortiz  
1:30-4:30pm, Sun, Jul 13

Walk one-half mile to a village site where the Tuibun Ohlone lived for more than 2,000 years. Sabrina Garibay (Ohlone) and Naturalist Beverly Ortiz will demonstrate Ohlone string making techniques while they share Ohlone history and culture.

**Info: (510) 795-9385**

**No fee**

#### STRETCH IN THE PARK

Coyote Hills Gloria Gutierrez  
2-3pm, Sun, Jul 13, Aug 10

Get in sync with nature! Experience the regenerative power of nature as you quietly observe the wrens and waterbirds of the cattail marsh and learn relaxing, strengthening and energizing Tai Chi stretches known to promote good health and peace of mind at the same time. (13+yrs)

**Reg. Required: (510) 795-9385**

**No fee**



#### SEA SIBLINGS

Sea siblings targets the 3-5 year old learning ability while providing the option of inviting a 1-5 year old sibling or friend along. Each class provides outdoor exploration and a theme related craft. All children pay the course fee. All classes meet at Crab Cove on Tuesdays.

**July 8, 9:30-10:30 a.m. and 11 a.m.-noon, SEAWEED, Reg. Required: (510) 521-6887, Fee: \$4.** **July 22, 9:30-10:30 a.m. and 11 a.m.-noon, SOLAR SURPRISE, Reg. Required: (510) 521-6887, Fee: \$4.** **August 5, 9:30-10:30 a.m. and 11 a.m.-noon, GREEN PLANET:**

Investigate amazing trees that thrive in California! **Reg. Required: (510) 521-6887, Fee: \$4.** **August 19, 9:30-10:30 a.m. and 11 a.m.-noon, FABULOUS FEET: There's more to a mammals foot than a heel and toes. Reg. Required: (510) 521-6887, Fee: \$4.**

#### ECO EXPLORERS

Coyote Hills Kristina Parkison  
9:30am-12:30pm, Tue-Fri, Jul 15-18  
#4470

Become a junior biologist by discovering the world of plants and animals through hands-on investigations. We'll uncover marsh mysteries, peep into ponds, and learn to track animals. Discover the unique animals and plants who call the Bay Area their home! (8-12yrs)

**Reg. Required: (510) 636-1684**

**Fee: \$66 (non-res. \$74)**

#### CLAWS, PAWS & CAMOUFLAGE

Coyote Hills Kristina Parkison  
1-3pm, Sat, Jul 19

Have you ever wondered what weapons animals have in their arsenal to survive in the crazy world of nature? How about poison, radar, night vision,

#### ESTUARY EXPLORERS

Estuary Explorers is designed for 6-8 year olds; every class includes outdoor exploration and a theme related craft and snack. Parents/guardians are encouraged to drop off their child to allow for an independent nature experience, with Naturalist guidance. Please register in advance to ensure adequate craft and snack materials are available. All classes meet at Crab Cove on Thursdays.

**July 10, 3:30-5 p.m., SEAWEED SURPRISE, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8).** **July 24, 3:30-5 p.m., SOLAR ENERGY, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8).** **August 14, 3:30-5 p.m., GREEN PLANET:** Investigate amazing trees that thrive in California! **Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8).** **August 28, 3:30-5 p.m., FABULOUS FUNKY FEET!** Get down and dirty, as we examine mammals feet, inside and out. **Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8)**

Several cultural activities will be demonstrated, including basket making, shell beads, shell pendants, and native plant use. **Info: (510) 795-9385**  
**No fee**

#### EARTH ART

Coyote Hills Kristina Parkison  
1:30-3:30pm, Sat, Aug 18  
Nature will provide the palette today! Learn how Ohlone artists used rocks, and eggs can be used to create unique works of art. You'll see the beauty of nature in a totally new way! (10+yrs)

**Reg. Required: (510) 795-9385**  
**Fee: \$3**

#### SUBLIME SALVIA PROPAGATION WORKSHOP

Coyote Hills Kristina Parkison  
1:30-3:30pm, Sat, Aug 18  
Salvia are easy to grow and are guaranteed to bring hummingbirds to your garden. Learn techniques for propagating them, make cuttings of our nectar garden favorites, dry them up and take them home to your own haven for hummingbirds. **Reg. Required: (510) 795-9385**  
**Fee: \$10 (non-res. \$12)**

#### ACORN SOUP MAKING WORKSHOP

Coyote Hills Kristina Parkison  
10am-4pm, Sun, Aug 17  
Join Ruth Ortiz (Ohlone) and Beverly Ortiz in preparing acorn soup the old way using cracking, mortar, pestles, winnowing and baskets, and stone boiling in a basket. (14+yrs)  
**Reg. Required: (510) 636-1684**  
**Fee: \$20 (non-res. \$22)**

#### BIRDS OF THE NECTAR GARDEN

Coyote Hills Kristina Parkison  
10am-noon, Sat, Aug 23  
Stop by the Butterfly Garden in the morning and spend some quality time with the birds that make this their home. Learn how to use feeders and the right combination of plants can transform a sunny spot into a wildlife paradise and refuge. **Info: (510) 795-9385**  
**No fee**

#### HUMMINGBIRD TEA PARTY

Coyote Hills Kristina Parkison  
2-3:30pm, Thu, Aug 28  
Spend a lazy summer afternoon "tea" in the Nectar Garden while watching the Anna's hummingbirds play. Partake of a sumptuous selection of sweet treats and learn the wiles as you study the flight and feeding behavior of one of our fastest and tiniest birds. Participate in conversation while you enjoy a feast for all your senses. Proceeds from this party will benefit the garden and its wildlife. **Reg. Required: (510) 636-1684**  
**Fee: \$18/adult; \$12/child (non. res. \$20/14)**



## CRAB COVE

Nature Store is open  
10 a.m.-4:30 p.m. Exhibit  
closed for remodeling. For  
info call (510) 521-6887 or email  
info@parks.org.

## JULY PARADE

Gail Broesder & Staff  
Fri, Jul 4  
For some Alameda "hometown"  
we celebrate Independence Day.  
Be a part of the annual Crab  
Cove in the 4th of July Parade.  
(510) 521-6887

## TUESDAY TWILIGHTS

Summer sunsets with the family in a different East Bay Regional Park  
each evening. These natural and cultural history walks vary in  
difficulty and terrain. Not all programs are suitable for organized groups.  
Good walking shoes, bring water and a flashlight and dress for possible  
evening breezes. For complete listing please call (925) 862-2601.

7-9 p.m., Sabrina Dussau,  
Diamond-Gravestone  
Monics: Take a hilly one-mile  
this evening to explore the life  
death of a mining town. See  
photographs of the vanished town of  
Pescadero, hear stories about  
mining families, and visit historic  
Pescadero. Reg. Required:  
(925) 757-2620. No fee

7-9:15 p.m., Katie Colbert,  
Full-Moon of the Giant Cactus  
How? We'll hike three-  
quarters of a mile uphill to Sunol's  
own giant cactus patch and  
see the waxing gibbous moon  
in the sky. We'll take it easy on  
uphill, but wear good hiking  
shoes, bring water. A small flash-  
light is optional. Info: (925) 862-  
2601.

7:15-9 p.m., Sabrina Dussau,  
Sindicich Lagoons:  
Explore the park at day's end as we  
look for signs of animals enjoying  
the cool of the evening. This hilly  
walk will take us up to Sindicich  
Lagoons where the deer and an-  
timons play. Info: (925) 757-2620.

7:22, 7:30-9 p.m., Erica  
Taylor, Del Valle, Oak Hills Trail:  
Bring a picnic supper and come  
on about Lake Del Valle's early  
history as we explore the Oak Hills  
trail. As we hike this one mile  
hilly uphill loop trail, we'll learn  
about the Ohlone Indians and early  
settlers, see the remnants of an old  
orchard, and look for the  
remaining evidence of a one-room  
cabin. We'll return to our cars after  
we dined at the highest spot  
on the trail and caught a glimpse  
of the lake at night light. Meet at the  
Ridge Visitor Center. Info:  
(925) 862-2601.

7:29, 7:30-9:30 p.m., Alan  
Tilden, Tilden Nature Area-New  
Moon Walk: This is a good night to  
stargaze without the interference of

## LOW TIDE WALK

Crab Cove  
10-11am, Sat, Jul 5, Aug 2  
11am-noon, Sun, July 6  
Bay mud and rocks galore, find out  
what or who they're good for. Meet  
barnacles, crabs and worms up close  
before the tide returns to cover them  
up! Dress for fun in the mud and sun.  
Info: (510) 521-6887  
No fee

## NATURE DETECTIVES

Crab Cove Dara Rossoff  
1-2pm, Sat, Jul 5  
Animals big and small leave clues  
everywhere for us to discover. We will

Luna's light. We'll start with a  
summer sky slide show, and then  
observe the heavens. Info: (510)  
525-2233.

Aug. 5, 6:30-9:30 p.m., Gail  
Broesder, Las Trampas, The  
Chamisse Trail: Hike through  
chaparral and oak for breathtaking  
views of Bolinger Canyon, Mount  
Diablo, San Ramon Valley, and  
much more. With luck we'll witness  
fog pouring over Rocky Ridge as  
the evening cools. This is a vigorous  
hike, so wear hiking shoes and bring  
water. Info: (510) 521-6656.

Aug. 12, 7:30-9:30 p.m., Cindy  
Taylor, Del Valle-Boating Bay  
Starlight: All aboard the Lake Del  
Valle tour boat for a special evening  
tour. As the sun sets and the stars  
appear, we'll bend our way to the  
dam and back-searching the shores  
and air for the creatures who call  
this place "home." (2+ yrs). Reg  
Required: (510) 636-1684, course  
#4387. Fee: \$5 (non-res: \$7)

Aug. 19, 7-9 p.m., Garcia/  
Reinertson, Ardenwood-Explore the  
Farm: Help put the farm animals to  
bed, then set out to look for the wild  
creatures that also call the farm  
home. Hear the stories of the  
families that once lived here as we  
stroll through the orchards and past  
the crops in the fields of this 205-  
acre urban agricultural preserve.  
Info: (510) 796-0663.

Aug. 26, 7-8:30 p.m., Cindy Taylor,  
Arroyo Del Valle-Dinner Above the  
Dam: Pack a picnic supper and  
blanket for a spectacular dinner  
setting overlooking the Livermore  
Valley and beautiful Lake Del Valle.  
We'll learn about the area's rich  
cultural and nocturnal history along  
the way up, up, up to our viewing  
spot. Meet at the Arroyo Del Valle  
staging area near the south end of  
Arroyo Rd. (L Street) in Livermore.  
Info: (925) 862-2601. No fee



Stargazing

search the park as nature detectives and  
unravel the mystery these creatures  
have left behind. We will create our  
own plaster of Paris footprints and  
make our own edible scat!

Reg. Required: (510) 521-6887  
Fee: \$4

## MIGRATE, HIBERNATE, SURVIVE

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 5  
10-11am, Sun, Jul 6  
How do animals and birds adapt to the  
changing seasons? From snow on the  
ground, to extreme heat, discover how  
creatures survive in their habitats.  
(7+ yrs)

Info: (510) 521-6887

No fee

## EVENING CONCERTS AT THE COVE

Crab Cove Staff  
5:30-7:30pm, Fri, Jul 11, Aug 8  
Join us for our fifth season of incre-  
dible free music and fun! Extended  
hours at the Visitor Center plus family  
activities on the deck and beautiful  
views of San Francisco Bay make our  
concerts extra special. Bring your  
blanket or lawn chair, food and  
beverages available for purchase.  
Sponsored by the West Alameda  
Business Association and East Bay  
Regional Park District. July 11: Hear  
the Reggae/Ska band Radio Noise.  
Aug. 8: Rhythm and blues band Napata  
and The Chocolate Kisses.

Info: (510) 521-6887

No fee

## GREEN POWER

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 12  
10am-11am, Sun, Jul 13  
Trees are the lungs of the planet!  
Explore through games and activities  
how our deeply rooted friends help the  
planet thrive! (7+ yrs)

Info: (510) 521-6887

No fee

## POND EXPLORATION

Crab Cove Interpretive Staff  
11am-noon, Sat, Jul 12, Aug 9  
1-2pm, Sat, Jul 19, Aug 2, 16, 23, 30  
1-2pm, Sun, Jul 20, 27, Aug 3, 10, 17,  
24, 31  
Ponds in summer shimmer, and thrive,  
attracting all kinds of life! Come visit  
to see-we think you'll agree-a guided  
walk is just what you need!

Info: (510) 521-6887

No fee

## MICRO JOURNEYS

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 19  
Explore nature from the ground up!  
Using hand lenses and bug boxes we  
will explore nature up close.

Info: (510) 521-6887

No fee

## BEACH EXPLORATION

Crab Cove Interpretive Staff  
11am-noon, Sun, Jul 20  
10-11am, Sat, Aug 16, 30  
10-11am, Sun, Jul 29, Aug 31  
The tide comes in bearing gifts from  
our Bay-estuary! Take this guided  
exploration to find clues to the animals  
who make the shoreline their home.  
Info: (510) 521-6887  
No fee

## SEASHELL DISCOVERY

Crab Cove Dara Rossoff  
10-11am, Sat, Jul 26  
Shells are home to many different sea  
creatures and provide important  
nutrients for a healthy beach. Together  
we will investigate the life of a shell,  
from animal home to water wanderer.  
We will walk the sandy shore to find  
seashells and create our own stories of  
where they came from. Then, form  
your own shell art before returning the  
shells back to their sandy home. Wear  
clothes that can get dirty. (6-8 yrs)

Reg. Required: (510) 521-6887

Fee: \$4

## WILD WATER

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 26  
Where does your tap water come from?  
How does water travel from the Sierra  
mountains to the Pacific Ocean? We  
will find the answers together, through  
games and activities. (7+ yrs)

Info: (510) 521-6887

No fee

## TRACKING

Crab Cove Karen Nichols  
10-11:30am, Sun, Aug 3  
Find signs of animals using your own  
five senses. Come investigate tracks of  
a variety of bird and animal species.

Info: (510) 521-6887

No fee

## NATURE SKETCHING

Crab Cove Karen Nichols  
2-4pm, Sun, Aug 10  
Gain skills in sketching the natural  
world, includes a short hike to the  
shoreline and materials for sketching.  
(8+ yrs)

Info: (510) 521-6887

No fee

## ADVENTURING NATURALISTS

Crab Cove Karen Nichols  
10-11:30am, Sun, Aug 17  
Take a one to two mile hike, making  
your own discoveries of the animals,  
birds, and insects that call Crab Cove  
home. Learn the basics of wildlife  
observation. (7+ yrs)

Info: (510) 521-6887

No fee



= Wheelchair accessible program



= Parking fee may be charged



= Financial assistance is available



## SUNOL

Sunol Visitor Center is open Sat.-Sun. 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email [svisit@ebparks.org](mailto:svisit@ebparks.org).

### OUTDOOR DISCOVERIES

**Sunol** SP  
**10-11:30am, Thursdays**  
 Children 3-5 years and an adult are invited to discover the summertime wonders of nature with a naturalist as your guide. Different topics each week. Sessions filled by application. Enrollment limited. Call for topics and space availability for summer and fall programs.

SP

### SCIENCE FOR TYKES®

**Sat., Aug 9, 3-5 p.m., Sunol, Cindy Taylor-TREE SHIRTS:** Budding scientist and their families won't be leaf their eyes as we turn T-shirts into colorful works of art. We'll learn about leaf form and function on a short hike before putting our botanical expertise to work. Dress for a messy (and permanently staining) craft. Bring a pre-washed light colored t-shirt, pillow case, tote bag or boxer shorts and a newspaper. This is one in a series of science programs set in a wildly exciting outdoor laboratory. Different topics covered each session. Dress for dirt and messy crafts. (4-8yrs). Reg. Required: (925) 862-2601. Fee: \$6 (non-res. \$8)

**Sat., Aug 16, 10-11:30 a.m., Sunol, Cindy Taylor-WET WILDLIFE:** Budding scientists and their families will immerse themselves in the fascinating world of creek critters. We'll focus on their fascinating mechanisms for survival in the whirling, swirling world of Alameda Creek. Wear closed-toed shoes and clothes that can get drenched! Bring a towel and change of clothes and shoes. (4-8yrs). Reg. Required: (925) 862-2601. Fee: \$6 (non-res. \$8)

**Sat., Aug 30, 3-5 p.m., Sunol, Cindy Taylor-END OF SUMMER SPLASHDOWN:** Budding scientists and their families will enjoy this special stream walk. We'll become water droplets in the Alameda Creek watershed and enter the river, following the streambed back to our starting point. Prepare for a possible head-to-toe drenching, slippery algae, and other obstacles on our journey. Wear closed-toed shoes. Keep a change of clothes at the car. Meet at the end of the picnic loop near Camp Ohlone Road gate. (4-8yrs). Reg. Required: (925) 862-2601. Fee: \$6 (non-res. \$8)

ment limited. Call for topics and space availability for summer and fall programs.

**Reg. Required: (925) 862-2601**  
**Fee: \$6 (non-res. \$8)**

### WILDERNESS EXPLORERS/ TREKKERS

**Sunol** Staff  
**Call for dates and times**  
 Children in grades K-6 will explore the world of birds, bugs, bouncing butterflies, slithering snakes and other wilderness beasts during a series of after school and some morning adventures. Parental participation usually optional; may be required for some programs. Enrollment limited. Call for topics and space availability for summer and fall programs.

**Reg. Required: (925) 862-2601**  
**Fee: \$6 (non-res. \$8)**

### COLOR IN NATURE

**Sunol** Dino LaBiste  
**10:30am-noon, Sun, Jul 6**  
 Learn why plants, animals and minerals are colorful as we view nature's seasonal colors in a slide show and paint with earth pigments processed from colored minerals.

**Reg. Required: (925) 862-2601**  
**No fee**

### VALLEY NATURE RIDE

**Sunol** SP  
**10-10:45am, Sun, Jul 20 #4379; Sun, Jul 27 #4380; Sun, Aug 10 #4381; Sun, Aug 24 #4382**  
 Hear the cultural and natural history of Sunol, then enjoy a 20 min. guided horseback ride. Meet at the Sunol Rental Corral. (6+yrs)  
**Reg. Required: (510) 636-1684**  
**Fee: \$17 (non-res. \$19)**

### WOMEN ON COMMON

**GROUND: PAST-OUR-BEDTIME DINNER HIKE AND STAR PARTY** SP  
**Sunol** Katie Colbert  
**6-10:30pm, Sun, Jul 27**  
 We'll enjoy an energetic hike (at a leisurely pace) up the Indian Joe Trail to inspire our appetites, share dinner

### TUESDAY MORNING BIRDWALKS

**July 8, 7-9:30 a.m., Tilden Nature Area:** A cool, creekside walk-every leaf is out now, so the challenge will be to bird by ear.  
**July 22, 7-9:30 a.m., Inspiration Point:** We'll view birds of dry country on EBMUD's Inspiration Trail.  
**August 26, 7-9:30 a.m., San Pablo Bay:** Whatever you call it (Bayfront Park, Wetlands Field Station) it is at the end of Tennent Ave. in Pinole. We'll look for newly-arrived shorebirds still dressed in their summer best. Beginners welcome on all walks. Call to borrow binoculars.  
**Information for all dates: (510) 525-2233. No fee.**

and campfire treats and then explore the night sky as the stars pop out above us. Full of stories, stars and sugar we'll stroll down Hayfield Fire Road until we hear the farewell breeze whispering over Alameda Creek. Bring a trail dinner to share and a pad (we have a few to loan) or old sheet you can lie upon to look up at the sky. Be sure to bring an extra layer for the cool hours after sundown. The uphill half of our three-mile-round-trip hike has some steep sections so wear good hiking shoes and bring water. Please register by noon on July 24. This is one in a series of naturalist-led programs for women who love to hike, camp and play in parklands, but whose concern for personal safety keeps them from enjoying their parks. For a summer flier, call or write Sunol Regional Wilderness, PO Box 82, Sunol, CA 94586. (adults)

**Reg. Required: (925) 862-2601**  
**No fee**

### SENIOR SAFARI:

#### CAMP OHLONE

**Sunol** Erica Herron  
**10:30am-2:30pm, Mon, Aug 4 #4388**  
 We'll follow by van a fire road that parallels parts of the Alameda and Calaveras Creeks to a popular but secluded camp where we will have lunch. Along the way we will learn about the Ohlone Indians and the area's pioneering history. We will also watch for signs of wildlife that still live here long after people have left this place. (50+yrs)

**Reg. Required: (510) 636-1684**  
**Fee: \$15 (non-res. \$17)**

## SUSHI

**SUSHI BASICS, Tilden Nature Area, Linda Yemoto, 11 a.m.-2:30 p.m., Sat., July 19 and August 2:** Learn the natural history of this ancient cuisine as you prepare and taste seven basic types of sushi. Parent participation required for children 8-10 years. (8+yrs). Reg. Required: (510) 525-2233. Fee: \$35/13+yrs; \$30/62+yrs; \$25/8-12yrs (non-res \$39/\$34/\$29).  
**SUSHI ADVANCED WORKSHOP, Tilden Nature Area, Linda Yemoto, 11:30 a.m.-2:30 p.m., Sat., August 9:** If you've enjoyed the basic sushi and are ready to prepare and taste some of the more exotic varieties as well as some of the contemporary makizushi, don't miss this class. Parent participation required for 8-10 year olds. (8+yrs). Reg. Required: (510) 525-2233. Fee: \$40/13+yrs; \$35/62+yrs; \$25/8-12yrs (non-res. \$44/\$39/\$29).

## TILDEN NATURE

The Environmental Education Center is open Tue-Sun, 10 a.m.-5 p.m. The Little Farm is open. For info call (510) 525-2233. [tnarea@ebparks.org](mailto:tnarea@ebparks.org).

### KIDS IN THE GARDEN

**Tilden Nature Area** Jocelyn  
**9:30-11am, Sat, Jul 5**  
 Hear a story, look for the big caterpillars in the butterfly garden, make a model to take home.  
**Reg. Required: (510) 525-2233**  
**Fee: \$3**

### FELTING FUN

**Tilden Nature Area** Jocelyn  
**10-11:30am, Sat, Jul 5**  
 Learn how to make felt balls. We'll make felt balls and other

## SUMMER SCIENCE WEEKS

**Tilden Nature Area** Jocelyn  
**10am-4pm, Mon, Jun 30**  
**Fri, Jul 4 #3400**  
**10am-4pm, Mon, Jul 14**  
**Fri, Jul 18 #3401**  
**10am-4pm, Mon, Aug 4**  
**Fri, Aug 8 #3402**  
**10am-4pm, Mon, Aug 18**  
**Fri, Aug 22 #3403**  
 Week-long sessions covering biology topics of interest to junior scientists.  
**June 30-July 4, Insects:** hunt bugs, make a beetle house.  
**Plants:** We'll count bracts, meet the eight most common plant families in California, make and use a leaf key, other indoor and outdoor activities. **July 14-18, Mammals and Birds:** Pick apart a pellet, prepare a mammal announcement, discover own home range, place stations of birds and bird band construction are featured. **Week Aug. 4-8, Porcupine:** different topic each day. get at least a little wet on Stream Day. Make a monometer lizard and a snake on Reptiles and Amphibians Day. Dino Day we make puzzles, view a video and play PALO ALTO. On Astronomy Day, we explore the universe and Rainforest Day, look at rainforests on three continents and make a morphing. **Aug. 22, Small World and Biology:** A week of nature biology, and a close look new kingdoms of life. You make a paper skeleton, your biorhythms. (8-13yrs).  
**Reg. Required: (510) 525-2233**  
**Fee: \$150 (non-res. \$160)**



to take home and discover  
about the Little Farm's sheep.  
**Reg. Required: (510) 525-2233**  
Fee: \$3

**TITLERS!**  
Tilden Nature Area Sheppard/Allen  
1-2pm, Sat, Jul 5  
Learn about the only poisonous snake in  
the park and meet its very common  
and harmless mimic. Fact, folklore and live  
demonstrations bring the whole family.  
**Info: (510) 525-2233**  
Fee: \$3

**LIVING HOUSE**  
Tilden Nature Area Scott/Berry  
1-2pm, Sat, Jul 5  
Help make a house that is alive!  
Construct a trellis for a garden and  
learn about beans that will climb up and  
provide shade to summer. Learn about  
plant ecology and how beans are able  
to reach for the sky.  
**Reg. Required: (510) 525-2233**  
Fee: \$3

**BREAKFAST WITH THE BIRDS**  
Tilden Nature Area Jessica Sheppard  
10-11am, Sun, Jul 6  
During your breakfast beverage, I'll  
sing pastries and we'll perch around  
the lake to watch the birds of the day.  
Great for beginners.  
**Reg. Required: (510) 525-2233**  
Fee: \$4

**BUTTERFLY COUNT**  
Tilden Nature Area Jessica Sheppard  
1-2pm, Sun, Jul 6  
Our native plant garden is blooming.  
Learn to identify the local species to  
add to our butterfly list.  
**Info: (510) 525-2233**  
Fee: \$3

**WALK AT 4**  
Tilden Nature Area Alan Kaplan  
10:30pm, Mon, Jul 7, 21, 28, Aug 25  
Enjoy some of the best teas from the  
Pacific Rim and learn their natural and  
cultural history. Then take a walk to  
see a natural event nearby: nesting  
ducks, a log of termites, or a complete  
surprise! Be sure to call ahead so we  
have enough refreshments.  
**Reg. Required: (510) 525-2233**  
Fee: \$5 (non-res. \$7)

**COMPOST CRITTERS**  
Tilden Nature Area Nadia Stanis  
10-11am, Sat, Jul 12  
What do you get if you put lunchtime  
scraps, leaves, and creepy crawlers  
together? A chance to explore our  
compost, meet our worms and even  
take some home!  
**Info: (510) 525-2233**  
Fee: \$3

**KIDS GARDEN CLUB**  
Tilden Nature Area Stannis/Scott  
1-2pm, Sat, Jul 12, 26, Aug 2, 23  
Join the club for kids ages 7-12 to  
explore the world of gardening. **July**  
12, Plant ID: Learn to make a leaf key  
for some common garden plants.  
Create and decorate signs to label our  
garden. **July 26, Hideaway Tee-Pee:**  
We will make an outdoor fort and plant

beans that will grow and cover the  
walls. **August 2, Insects:** Make your  
very own set of butterfly trading cards.  
We will search out insects in our  
compost and gardens. **August 23,**  
Garden Soup: Learn to cook by making  
a delicious soup from our garden  
harvest, and prepare for the Festival on  
Sunday (must commit to Sun, Aug. 24  
Festival).

**Reg. Required: (510) 525-2233**  
**Fee: \$3**

**TURTLE TIME**  
Tilden Nature Area Salli Lundgren  
1-2pm, Sat, Jul 12  
Spend an hour getting to know these  
gentle reptiles. Make a "pet" turtle  
model to take home.  
**Info: (510) 525-2233**  
**No fee**

**MINI-GARDNERS**  
Tilden Nature Area Nadia Stanis  
2-3:30pm, Sun, Jul 13, Aug 3  
A garden exploration program for 4-6  
year olds accompanied by adults. **July**  
13-Flowers: We'll dig, harvest, plant,  
and play. Learn why flowers bloom,  
and make flower bouquets. **Aug. 3-**  
Farm Life: Meet our farm friends and  
harvest for a snack.

**Reg. Required: (510) 525-2233**  
**Fee: \$3**

**TODDLER AND FRIENDS**  
Tilden Nature Area Linda Yemoto  
10:30-11:30am, Sun, Jul 20, Aug 3  
Here's a chance for little ones and their  
grown-up friends to explore the  
meadows, ponds, and trails in the  
Nature Area. Especially for 2-3 year  
olds.

**Info: (510) 525-2233**  
**No fee**

**"BEE" WISE**  
Tilden Nature Area Salli Lundgren  
12:30-2pm, Sun, Jul 20  
Come hear all the buzz about these  
important insects. We'll make a craft and  
taste different kinds of honey.  
**Reg. Required: (510) 525-2233**  
**No fee**

**BUTTERFLIES**  
Tilden Nature Area Linda Yemoto  
2-3:30pm, Sun, Jul 20  
Come gently capture and release these  
beautiful winged creatures. We'll look  
for buckeyes, swallowtails,  
checkerspots, and more. Learn the role  
butterflies play in nature.  
**Info: (510) 525-2233**  
**No fee**

**TILDEN FARM WEEK**  
Tilden Nature Area Nadia Stanis  
10am-4:30pm, Mon-Fri, Jul 21-25  
#4193  
10am-4:30pm, Mon-Fri, Aug 11-15  
#4194

Come experience the old-time, country  
lifestyle during a week of farm camp  
fun! We'll learn about farm animals,  
dig, shovel, harvest, cook, have fun,  
and get dirty! (8-11yrs)  
**Reg. Required: (510) 636-1684**  
**Fee: \$135 (non-res. \$149)**

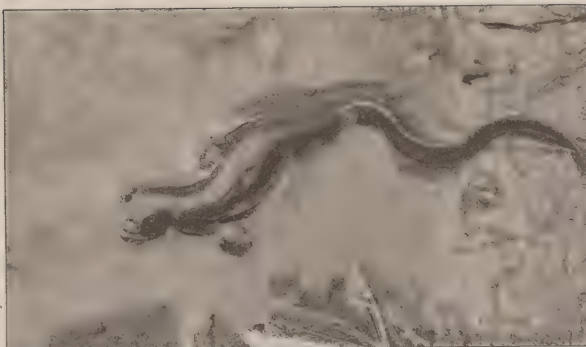


Photo by Kevin Fox

The California newt occurs in the Coast Ranges from Central Mendocino south, and the length of the Sierra, primarily in the foothills. This newt is common in East Bay Regional Parks; Central Park Drive in Tilden Regional Park is closed during their breeding season (November-March) to protect the newts as they migrate across the road to breeding grounds. These newts feed on earthworms, snails, slugs, sowbugs and insects.

**TILDEN MINI-RANGERS**  
Tilden Nature Area Dave Zuckermann  
3:30-5:30pm, Tue, Jul 22, Aug 12  
Find out how it feels to be a Ranger!  
Join us for an active afternoon of  
nature study and conservation in the  
woods and waters. Dress to get dirty;  
bring a healthy snack to share. For  
youth 8-12 years, unaccompanied by  
their parents.

**Reg. Required: (510) 525-2233**  
**Fee: \$5 (non-res. \$7)**

**THE NEW KINGDOMS OF LIFE**  
Tilden Nature Area Alan Kaplan  
10am-noon, Sat, Jul 26  
After a short slide show, we'll walk to  
see how many branches of the Tree of  
Life we can find.

**Info: (510) 525-2233**  
**No fee**

**EIGHT FAMILIES WALK**  
Tilden Nature Area Alan Kaplan  
2-4pm, Sat, Jul 26  
More than half of California's flower-  
ing plants belong to just these eight  
groups; mustards, lilies, figworts,  
sunflowers, sedges, buckwheats, peas  
and grasses. We'll learn how to  
recognize them, and sample some  
store-bought edibles from seven of the  
eight (can you guess which one we  
won't eat?)

**Reg. Required: (510) 525-2233**  
**Fee: \$5 (non-res. \$7)**

**HEAT OF THE DAY HIKE**  
Tilden Nature Area Alan Kaplan  
2-5pm, Sun, Jul 27  
Sunscreen, sunglasses and water are  
our requirements on this hike to  
Wildcat Peak to learn how plants cope  
with hot weather.

**Info: (510) 525-2233**  
**No fee**

**TILDEN TOTS**  
Tilden Nature Area Linda Yemoto  
10-11:30am, Thu, Jul 31, Tue, Aug 26  
Outdoor/indoor exploration programs  
for 3-4 year olds each accompanied by

a grown-up. **July 31:** Butterflies—  
Discover the colorful natural history of  
butterflies. **Aug. 26:** Reptiles—Learn  
about their scaly world.  
**Reg. Required: (510) 525-2233**  
**Fee: \$6 (non-res. \$8)**

**TILDEN EXPLORERS**  
Tilden Nature Area Linda Yemoto  
2:30-4:30pm, Thu, Jul 31, Tue, Aug 26  
A mostly outdoor exploration program  
for 5-7 year olds who may be accom-  
panied by an adult. No younger  
siblings, please. **July 31:** Butterflies—  
Discover the colorful natural history of  
butterflies. **Aug. 26:** Reptiles—Learn  
about their scaly world.

**Reg. Required: (510) 525-2233**  
**Fee: \$6 (non-res. \$8)**

**DOG DAYS OF SUMMER**  
Tilden Nature Area Salli Lundgren  
1-2:30pm, Sat, Aug 9  
Find out why August is for the dogs.  
We'll learn about all sorts of other  
mammals too-like how they keep cool  
in the heat.

**Info: (510) 525-2233**  
**No fee**

**WEEKEND TOTS**  
Tilden Nature Area Linda Yemoto  
10:30am-noon, Sun, Aug 10  
A weekend version of our mid-week  
Tot program. For 3- and 4-year-olds  
each accompanied by an adult. Today  
we'll learn about butterflies, reptiles,  
and more.

**Info: (510) 525-2233**  
**No fee**

**BUTTERFLY MANIA**  
Tilden Nature Area Scott/Lundgren  
1-3pm, Sun, Aug 10  
Take a closer look at our native  
butterflies. What do they eat and how?  
We will make butterfly trading cards  
and play games with them in our  
butterfly garden. (5+yrs)  
**Reg. Required: (510) 525-2233**  
**Fee: \$3**



## FULL MOON WALK

Tilden-Inspiration Point Alan Kaplan  
7:30-9:30pm, Mon, Aug 11  
We'll stroll out the Nimitz Way to see sunset, moonrise, and starshine. You'll learn the stories and science of the brightest stars of summer. Meet at Inspiration Point.  
Info: (510) 525-2233

No fee

## THE TRUTH ABOUT CHOCOLATE

Tilden Nature Area Jessica Sheppard  
9:30-11:30am, Sat, Aug 16  
Delve into the delicious mystery and natural history of the "food of the gods," from ancient Aztecs to an American addiction.  
Reg. Required: (510) 525-2233

Fee: \$10 (non-res. \$12)

## BEAD-MAKING FOR KIDS

Tilden Nature Area Lauren Kelly  
2-3:30pm, Sat, Aug 16

Make beautiful bead necklaces or curtains from paper! This fast and easy project uses recycled paper from magazines, gift wrap and more. Learn how recycling can save the planet.  
Reg. Required: (510) 525-2233

No fee

## WALK TO WATER

Tilden Nature Area Jessica Sheppard  
10am-2pm, Sun, Aug 17  
On a 3-mile hike, explore the "riparian" habitats in the heat of summer. We'll walk around Lake Anza to hear its cool history. Pack a lunch.  
Info: (510) 525-2233

No fee

## FROM SHEEP TO SWEATER

Tilden Nature Area Kow/Kelley  
2-4pm, Sun, Aug 17  
What happens to the sheep fleece? Find out as we demonstrate carding, spinning, weaving, felting and knitting.  
Info: (510) 525-2233

No fee

## BEGINNER'S BIRDWALK

Tilden Nature Area Dave Zuckermann  
8:30-10:30am, Sun, Aug 24  
Summer residents and migrants are here; join us for a look and listen. Binoculars available for loan.  
Info: (510) 525-2233

No fee

## WEDNESDAY WALKS

Various locations Christina Garcia  
9:30-11:30am, Wed, Jul 2, 16, 23, 30, Aug 6, 20, 27

Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear and bring water. For more information and complete directions, please call (510) 796-0663 and request a flyer.

**July 2-Bishop Ranch:** Let's explore this open space preserve, which includes grassy hills, oaks and a creek. There is a steep ascent, but this is a short, 2.5 mile hike. No water or restrooms available on site. Directions: From I-680 in San Ramon, exit at Bollinger Canyon Road. Go west to San Ramon Valley Blvd., turn left. Continue less than 1 mile to Morgan Dr., turn right. Look for the staging area on the left and park on the road nearby. **July 16-Redwood:** Hike through the remnants of the large forests of coast redwoods that once covered much of the Oakland Hills on a moderately strenuous 4.5 mile hike. Meet at Canyon Meadow Staging Area. Directions: From I-580 in Hayward, go east to Highway 13. Go north on 13 to the Redwood Road Exit. Go straight through the intersection to the stop light and then turn right on Redwood Road. Continue up the hill on Redwood Road, and look for the park entrance two miles past the Redwood/Skyline Blvd. intersection, on the left. Meet at the Canyon Meadow Staging Area at the end of the road. **July 23-Anthony Chabot:** We'll keep an eye out for butterflies as we

make our way through several different habitats on this 4-mile hike. There is some uphill climbing, with one particularly steep section. Meet at Proctor Staging Area on Redwood Road. Directions: From I-580 eastbound, exit at Redwood Road and go north. (From I-580 westbound take Castro Valley exit, continue west on Castro Valley Blvd. and turn right (north) on Redwood Road.) The Staging Area is on the left side of the road, 0.2 miles north of Proctor School and just south of Willow Park Golf Course. Look for a small "Bike Route End" sign on the right, then pull into the next driveway on the left. **July 30-Coyote Hills:** Our 3.5 mile route through the cattails will take us past a 2000-year-old Ohlone shellmound. Meet at the Visitor Center Parking Lot at Coyote Hills Regional Park in Fremont. Bring \$4 for parking. Directions: From I-880 in Fremont, take Highway 84 west to Ardenwood Blvd. Go right on Ardenwood, left on Paseo Padre Parkway, and right at Patterson Ranch Road. **Aug. 6-Five Canyons:** We'll explore part of the 300-acres of open space that surrounds this development. Meet at Don Castro Regional Recreation Area for this somewhat strenuous 5-mile hike on the

## HARVEST FEST

Tilden Nature Area Stanis/Scott  
Noon-3:30pm, Sun, Aug 24  
All are welcome to an exciting celebration of the season's harvest. Visit our flower, vegetable and craft booths, play games, try some snacks and dance!  
Info: (510) 525-2233

No fee

## SUMMER POND PLUNGE

Tilden Nature Area Dave Zuckermann  
2-3:30pm, Sun, Aug 24  
With dip-nets and magnifiers in hand, we'll discover the "denizens of the deep"—amphibians, insect larvae and more. (4+ yrs)  
Info: (510) 525-2233

No fee

## PLACE YOUR ORDER, PLEASE!

Tilden Nature Area Alan Kaplan  
10am-noon, Sat, Aug 30  
We'll look for as many insect orders as we can find, and discover their place on the arthropod branch of the Tree of Life.  
Info: (510) 525-2233

No fee

## SILKSCREENING

Tilden Nature Area  
1-3pm, Sat, Aug 30  
Bring T-shirts, pillowcases, chef's, or other fabric to screen. You are the artist—we'll use farm-inspired designs of animals at the Little Farm. **Reg. Required:** (510) 525-2233  
**Fee:** \$5 (non-res. \$7)

## COOL HIKE ON A HOLE

Tilden Nature Area  
2-4pm, Sat, Aug 30  
Creekside and forest trails with paths; nature's infinite book. We'll use hand lenses to explore the way.  
Info: (510) 525-2233

No fee

## NOT SO EARLY AM BIRDING

Tilden Nature Area  
8-10am, Sun, Aug 31  
The "summer complaints" are way south. We'll look for early stay-at-homes. Beginners will have binoculars to loan you.  
Info: (510) 525-2233

No fee

## HOTDOGS "R" US

Tilden Nature Area  
2-4pm, Sun, Aug 31  
Learn the food chain of events from farm to your face as you enjoy a variety of wieners, dogs, and red hots. We'll also talk about the cultural history of the hotdog in U.S. and the world.  
**Reg. Required:** (510) 525-2233  
**Fee:** \$5 (non-res. \$7)

## OTHER PARKS

### DEL VALLE

#### CAMPFIRE PROGRAMS

Del Valle  
8:30-9:30pm, Fridays & Saturdays  
July & August  
Join the Sunol interpretive and educational and recreational campers are welcome. Please bring the overflow lot behind the campground entrance.  
**Info:** (925) 862-2601  
**No fee**

### LAKE DEL VALLE

#### SCENIC BOAT TOURS

Del Valle  
1-2:30pm, Saturdays & Sundays  
July & August  
There's no better way to enjoy the lake than on the lake. We'll have a boat tour to the dam. We'll answer your questions about the lake, wildlife, and the activities you can do in the park. Bring a picnic, sunscreen and binoculars if you have them. Purchase tickets at the concession beginning at 11am. Children under 13 (including infants) and all non-swimming adults are required to wear a provided life



Programs may be canceled if there are five or fewer participants.

**REG. (925) 862-2601**  
**\$4.25/13+ yrs, \$2.75/1-12 yrs, \$1.00/12 & under 1/fee if in parents arms**

**ANTHONY CHABOT**  
**CAMPFIRE PROGRAMS**  
 Anthony Chabot Amphitheatre  
 Broesder & Nichols

**Aug. 19, every Saturday in July**  
**Aug. 20, every Saturday in August**  
 Campfire programs provide free food and fun every Saturday night, from Memorial Day through Labor Day. A variety of songs, stories and games related to the evening's topic engage all ages. Grilling marshmallows to roast over the fire after the show. Campers and non-campers welcome. **July 5, Nocturnal Nature:** Discover animals and birds that thrive under the stars and moon!  
**Aug. 12, Storytelling:** Interactive sharing of imaginative storytelling.  
**Aug. 19, Astronomy:** Understand what can be found in the nighttime sky. **July 19, Ancient Forests:** Explore why these forests are incredible! **August 2, Snakes.** **August 9, Birds:** Explore birds that live near San Francisco Bay.  
**August 16, Water, Water Everywhere.**  
**August 23, Things That Go Bump in the Night.** **August 30, Spiders.**  
**REG. (510) 521-6887**

**WILDCOME FAMILY FORAYS**  
 Various locations  
 Mike Moran

**Aug. 11am, Sun, Jul 6, 13, 20**  
 Are some family fun and games on the easy East County nature explorations. All walks are on flat, paved trails, suitable for strollers. **July 6, Big Marsh Regional Trail:** Help us find out about the natural and cultural riches of the Delta. **July 13, Marsh Creek Trail:** Follow the streamside for fish stories, and avian anecdotes. **July 20, Lakeside Park, Brentwood:** Come to the creek to unfold fabulous forest tales.  
**REG. (925) 757-2620**

**AT THE HEAT HIKES**  
 Various parks  
 Mike Moran

**Aug. 10am, Tue, Jul 8, 15, 22**  
 Before the mercury and revel in the glory of summer's mornings! Explore the natural and cultural riches of three parkland gems on hearty, yet not too hilly hikes. **July 8, Diablo**  
**July 15, Del Valle:** Falcons and Faults. **July 15, Del Valle:** Eagles and Oaks. **July 22, Carquinez Strait:** Scenes from the Strait.  
**REG. (925) 757-2620**

**THURSDAY BIRDING**  
 Del Valle  
 Mike Moran

**Aug. 10am, Thu, Jul 10**  
 A bird-studded stroll to look for songbirds and rock wrens.  
**REG. (925) 757-2620**

**THE FARMER IN THE DELTA**  
 Marsh Creek Regional Trail Dussau  
**8-10:30am, Sat, Jul 12**  
 Grab your bike and peddle our Marsh Creek Trail in Oakley to Dwelley Farms to pick and purchase tree-ripened peaches. Views of Mount Diablo and tales of Delta farmers and fruit will garnish our journey.  
**Reg. Required: (925) 757-2620**  
**No fee**

**BROOKS ISLAND VOYAGE**  
 Brooks Island Dave Zuckermann  
**10am-2pm, Sun, Jul 13 #4197**  
 Paddle the rising tide across the Richmond Harbor Channel to our nearby Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own canoe or kayak, and safety gear.

**Reg. Required: (510) 636-1684**  
**Fee: \$20 (non-res. \$22)**

**NATURE TALES**  
 Garin Kristina Parkison  
**9:30-11:30am, Sat, Jul 19**  
 Enjoy a relaxing morning with a nature hike and stories. We'll explore scenic vistas and read stories as a way to connect with and learn about natural history. Have a favorite nature tale? Bring it to share!  
**Reg. Required: (510) 795-9385**  
**No fee**

**THURSDAY BIRDING**  
 Big Break, Ironhouse San. Dist., Oakley  
 Mike Moran

**9-11am, Thu, Jul 24**  
 Catch the early migrants along the magnificent marshlands of the Delta in Oakley.  
**Reg. Required: (925) 757-2620**  
**No fee**

**WHAT'S MEDITERRANEAN ABOUT OUR FLORA?**  
 Botanic Garden Alan Kaplan  
**10am-noon, Sun, Jul 27**  
 The chaparral and scrub of California have counterparts in other parts of the world. We'll examine ours and talk about theirs.  
**Info: (510) 525-2233**  
**No fee**

**SCIENCE FOR TYKES:**  
**DEL VALLE BOAT ADVENTURE**  
 Del Valle Cindy Taylor  
**10:30am-12:30pm, Sat, Aug 2**  
 Budding scientists and their families are invited to climb aboard our floating outdoor laboratory as we investigate the wildlife in and around the lake who call this special place home. We'll stop along the way to investigate the dam and to do some water experiments. Bring a jacket—it can get cool and windy! Meet at the east shore marina. This is one in a series of science programs set in a wildly exciting



Lake Chabot is popular with picnickers, fishers, hikers, or people just out to enjoy the beauty of the outdoors. These walkers are enjoying a stroll in the marina area.

outdoor laboratory. Different topics covered each session. Dress for dirt and messy crafts. (4-8yrs)

**Reg. Required: (925) 862-2601**  
**Fee: \$6 (non-res. \$8)**

**CAMPGROUND TO LAKE**  
 Anthony Chabot Gail Broesder  
**2:30-4:30pm, Sat, Aug 2**  
 Discover the history of the lake and its inhabitants on this guided hike. Bring a full water bottle.  
**Info: (510) 521-6887**  
**No fee**

**EARLY BIRDS**  
 Hayward Shoreline Kristina Parkison  
**9:30-11:30am, Sat, Aug 16**  
 Introduce your fledglings to the joys of birding! We'll focus on what makes birds special through games and explorations. A hike along the shoreline will give us an opportunity to use what we've learned. Bring binoculars. (6+yrs)  
**Reg. Required: (510) 795-9385**  
**No fee**

**WATER, WATER EVERYWHERE**  
 Temescal Gail Broesder  
**2-3:30pm, Sat, Aug 16**  
 Where does all the water come from and where is it going? We'll walk around the lake exploring its past and present. Meet at parking lot by South Play Area, off Broadway Terrace in Oakland.  
**Info: (510) 521-6887**  
**No fee**

**PINOLE HISTORY WALK**  
 Point Pinole Dave Zuckermann  
**10am-1pm, Sat, Aug 23**  
 Join a walking tour of historic Point Pinole Regional Shoreline and discover its peaceful and explosive past. Former Atlas Powder Company employee Norman Monk will join our group.  
**Info: (510) 525-2233**  
**No fee**

**WHOOO'S OUT THERE?**  
 Anthony Chabot Amphitheatre  
 Gail Broesder

**3-4pm, Sat, Aug 23**  
 If you want to find out who's in the woods or around, take a good look at the SCAT on the ground. Can you match the scat to the animal? Test your luck and find out who the local inhabitants are.  
**Info: (510) 521-6887**  
**No fee**

**MORNINGS IN MORGAN**  
 Morgan Territory Sabrina Dussau  
**7:30-9:30am, Tue, Aug 26**  
 Beat the hot temperatures and big crowds on this 1.8 mile early-bird hike. We'll take a sneak peak at the park to see how the wildlife spend their morning.  
**Reg. Required: (925) 757-2620**  
**No fee**

**CREEPLY CRAWLIES**  
 Anthony Chabot Amphitheatre  
 Gail Broesder

**4-5pm, Sat, Aug 30**  
 Do insects make your skin crawl? Or snakes make you want to slither away? Spiders wrap you up in fear? Learn more about these and other "creepy crawlies" out in the park.  
**Info: (510) 521-6887**  
**No fee**

**SUN-DAY**  
 Redwood Gail Broesder  
**10am-1:30pm, Sun, Aug 31 #4466**  
 Where would we be without the sun? We'll bask in its rays and explore just a few of the things that it does for us. Enjoy the sun and explore some ways to have fun and use it. Meet at Canyon Meadow Staging Area.  
**Reg. Required: (510) 521-6887**  
**No fee**



## VOLUNTEERS

### PUBLIC SAFETY VOLUNTEER OPPORTUNITIES

Various parks  
*Various dates & times*  
On-going volunteer programs to assist District staff in the delivery of essential services, including trail safety education; assisting with helicopter rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. Flight Medics, Officer White, Info: (510) 785-3370. Reserve Police Officer, Officer Hall, Info: (510) 544-3131. Bicycle Patrol, Hiking Patrol, Companion Dog Patrol, Mounted Patrol, Patrick Balizan, Info: (510) 544-3133.

### OPERATIONS VOLUNTEERS

Various parks  
*Various dates & times*  
Gain new skills and knowledge, and meet interesting people. Join us in maintaining our Regional Parks. We need your help with trail repair, resource protection, and facilities maintenance. For more information call Sharon Saffas at (925) 756-0195.

### EXOTIC PLANT REMOVAL

Lake Chabot Staff/Volunteers  
*Various dates & times*  
Please join us in removing teasel from the hillsides at Lake Chabot. This is a great group project. Young children enjoy this work. Weekdays or Saturdays available. For more information call Jill or Sharon at (925) 756-0195.

### EXOTIC PLANT REMOVAL

Oakland/Berkeley Staff/Volunteers  
*Various dates & times*  
The lovely yellow plant that is now blooming on the hillsides is an exotic that is highly volatile and crowds out native plants. While the ground is still moist, please join us in removing this plant from parks such as Tilden and Redwood. We can pick a date that works for your group. For more information please call Jill or Sharon at (925) 756-0195.

### PARK/TRAIL GUIDES

Various parks Rick Spittler  
*Various dates & times*  
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.).  
Info: (510) 849-4663

### GARDEN HELPERS NEEDED

Coyote Hills Jan Southworth  
9:30am-noon, Fridays, Aug. & Sept.  
Join our garden club at work creating and enhancing nectar habitat for birds and butterflies. In the process you'll

learn about the plants that benefit these animals. The work is satisfying, the conversation is good, the snacks are great, and the atmosphere can't be beat!

Reg. Required: (510) 795-9385  
No fee

### SHELLMOUND VOLUNTEER

Coyote Hills Beverly Ortiz  
3:30-6:30pm  
Mon, Jul 14, 21, 28, Aug 4, 11  
Tue, Jul 1, 15, 22, 29, Aug 5, 12  
Help us gather materials for, and build, Ohlone-style structures at a more than 2,000 year-old village site of the Tuibun Ohlone. We'll provide snacks and tools. Phone for a list of each day's activities. You can come on one or more days. (12+ yrs)

Reg. Required: (510) 795-9385  
No fee

### TRAIL WORK DAYS— IVAN DICKSON PROGRAM

Tilden Terry Noonan  
8:30am-1pm, Sat, Jul 19  
Help with trail rehabilitation; including erosion control, light pruning, trail tread improvements. Tools and lunch are provided. Participants should wear sturdy shoes and long-sleeved shirts. Bring gloves, water, and snacks. No dogs, please.

Reg. Required: (510) 544-2631  
No fee

### WILDLIFE VOLUNTEERS:

IT'S YOUR TURN  
Hayward Regional Shoreline Doc Quack  
2-5pm, Sun, Aug 10, Aug 24  
It's Your Turn—An exciting adventure over land and water to help create nesting habitat for the State and Federal Listed endangered California least tern. By participating, you'll make new friends, peer onto the world of wildlife and earn your patch.  
Reg. Required: (510) 544-2320  
No fee

### EDUCATOR'S ACADEMY

#### ROCK'N ROLL AT WILDCAT CREEK \$

Tilden Nature Area Dave Zuckermann  
9:30am-4pm, Sat, Jul 12 #3221  
Explore a streambed, gather stones and discover their origins. Learn how moving water and other forces shape the landscape. Through field and classroom activities, we'll delve into the rock and hydrologic cycles, and examine physical processes that change the earth's land surface. Concepts and activities will match K-5 California Earth Science Content Standards. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$45 (non-res. \$51)

### FRESHWATER ECOLOGY (NEW)

Redwood Kelley/Colbert  
9:30am-5pm, Tue-Thu, Jul 22-24  
#3223

Explore the liquid of life during this adventure into streams and lakes. From headwaters to bay shores, watersheds encompass all of our environments. We'll learn proven outdoor techniques and easy, inter-disciplinary classroom curricula that are guaranteed to enhance each other. Water chemistry and biological, physical and transcendental aspects of the Alameda, San Leandro and Wildcat watersheds will be compared. Prepare to get wet! Ideal for teachers of 3rd through middle school. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$100 (non-res. \$110)

### DOWN TO EARTH IN THE VEGETABLE GARDEN

Ardenwood Bell/Reinertson/Bletz  
9:30am-4pm, Wed, Jul 23 #3224  
Roll up your sleeves and explore the incredible (and tasty) world of an heirloom vegetable garden. Ardenwood's kitchen garden is a wonderful educational venue where we grow the same varieties of carrots, beets, cucumbers and beans that were common in California family gardens at the turn of the last century. Refresh your basic gardening skills as we weed, water, compost and harvest. Learn the histories of common vegetables and how they traveled around the world. Today, most children are far removed from growing their own food. Discover strategies and activities for use in both the classroom and garden setting to re-establish that connection. You'll come away from this workshop with ideas and heirloom seeds to start your own garden. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$45 (non-res. \$51)

### TULE BOAT & CORDAGE OF NATIVE CALIFORNIA

Coyote Hills Kidder/Southworth  
9:30am-4:30pm, Sat, Jul 26 #3225  
In this intriguing hands-on workshop, we will spend the morning spinning straw into gold, well, actually cordage (rope and string). We will make samples from cattail leaves, tule, dogbane and milkweed stalks. Following lunch, a slideshow on the voyages of the Kon Tule will lead us into a make-it and take-it workshop where we will complete a 24" model boat made from the flower stems of tule bulrushes. The day will climax with a mass launching of our craft in the marsh. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$45 (non-res. \$51)

### MUTSUN OHLONE:

A LANGUAGE PRIMER (NEW)  
Coyote Hills Beverly Ortiz  
9:30am-4pm, Sun, Jul 27 #3226  
Join Mutsun Ohlone descendants affiliated with the Mutsun Language

Foundation for this rare opportunity to learn some words and phrases of the Bay Area's first languages. You'll be introduced to several language games you can incorporate into your curriculum, including Mutsun songs, Mutsun flashcards and singing games as well as a Mutsun coloring book. Ideal for 3rd and 4th grade teachers. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$45 (non-res. \$51)

### PROJECT LEARNING TREE

Redwood Regional Park Karl Brest  
9:30am-4pm, Sat, Aug 9 #3227  
For anyone who is interested in education or learning about the environment, here's your chance to join an international award-winning education program focusing on worldwide forest ecology and environmental issues, and designed to reach grades K-12. Participants receive the PLT activity guide, practice in use, and receive help with State Standards correlation. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$45 (non-res. \$51)

### OHLONE & CENTRAL CALIFORNIA INDIAN GAMES

Coyote Hills Beverly Ortiz  
9:30am-4pm, Sun, Aug 10 #3228  
During this workshop, you'll have an opportunity to play some early California Indian games that you can share with your students. You'll make some early California Indian toys. Games will include cricket (Pomo), stealing the stick (Pomo), Indian football (Miwok) and stick ball (Ohlone). Toys will include acorn tube bitterns and dolls. Resource materials about California Indian games will be shared. Ideal for grades K-12. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$45 (non-res. \$51)

### A DAY IN PRE-COLUMBIAN CALIFORNIA (NEW)

Sunol Norma Kim  
9am-5pm, Sat, Aug 23 #3229  
A taste of life as it may have been before crowds and modern conveniences replaced direct contact with nature. You will spend the day as hunters and collectors, finding resources to accomplish a variety of tasks, then sitting on mats under a shade shelter, cooking, eating and practicing the skills needed for daily life in the Stone Age. Go home with a friction fire, a basic stone tools, a bone awl, a full belly and an understanding of how construction, fire, tracking, hunting, fishing, foraging and much more. This workshop will give you a personal, meaningful context for teaching about California Indians or early man. (Adult)

Reg. Required: (510) 636-1684  
Fee: \$45 (non-res. \$51)



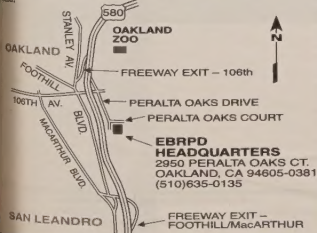
## MEMBERSHIP PROGRAM

Enjoy free parking, free swimming at seven lakes, special members' events, a free guide to the Regional Parks, members-only newsletter, and additional benefits listed below! Call (510) 544-2203, for information.

- 100 Family Membership**-Dag pass, free entry to swim areas for up to six, 50 percent off on off-season (October through April) camping.
- 125 Senior/Disabled/Student**
- 150 Single Member**
- 160 Senior Day Use/Boat Launch**
- 180 Senior Fishing**
- 190 Tilden Circle**-Family Member benefits plus an invitation to a special Members' only event.
- 195 Reinhardt Circle**-Tilden Circle benefits plus invitations to special programs.
- 1990 Shiley Circle**-Reinhardt Circle benefits plus "behind the scenes" with a naturalist.

## To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill, turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



## REGISTRATION INFORMATION

**NO REGISTRATION REQUIRED**-Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

**ON-PARK REGISTRATION**-For programs requiring registration at park locations, call the number indicated in the description. Information will be provided when you call.

**CENTRAL REGISTRATION**-The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

**MAIL-IN:** Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

**WALK-IN:** Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsun House and south of the Oakland Zoo off I-580. See map above.

**BY FAX:** Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

**BY PHONE:** Phone registration requires a credit card. Call the Reservations Office between 8:00 a.m. and 5 p.m. Mondays through Thursdays, or 8 a.m.-4:00 p.m. on Fridays. The Reservations Office is closed on weekends and holidays. Please call the phone number for your area:

- Oakland.....(510) 636-1684
- Contra Costa Co. ....(925) 676-0192
- Livermore.....(925) 373-0144
- Hayward.....(510) 538-6470
- Outside East Bay.....(510) 636-1684
- TDD.....(510) 633-0460

## SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES AND PROGRAMS	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Association	(510) 530-0400
Bike Rentals	Del Valle	Windsurf Del Valle	(925) 455-0008
Boat Rentals	Del Valle	Urban Park Concessionaires	(925) 449-5201
Boat Rentals	Shadow Cliffs	Shadow Cliffs Park Company	(925) 846-2344
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(510) 582-2198
Camping (groups)	Various Parks	East Bay Regional Park District	(510) 562-2687
Camping (families)	D. Valle, A. Chabot, Sunol (EBPRD)		(510) 562-2267
Dog Wash	Pt. Isabel	Mudpuppies Tub & Scrub	(510) 559-8899
Express Coffee Service	Pt. Isabel	K & C Coffee	(510) 527-3357
Golf, Driving Range, Food, Banquet	Lake Chabot	Willow Park Inc.	(510) 537-8989
Golf, Driving Range, Food, Banquet	Tilden	American Golf	(510) 848-7373
Hang Gliding - Experienced Flyers	Mission Peak	Wings of Rogallo	(408) 476-2227
Blacksmith	Ardenwood	Scott Thomas	(510) 790-9060
Horse Arena	Contra Loma	Association of the Los Charrros	
Horse Arena	Martinez Shoreline	Martinez Horseman Association	(925) 228-7981
Horse Arena	Redwood		(510) 336-0850
Horse Boarding Barn, Lessons	Anthony Chabot	Chabot Stables, Sara Cray	(510) 569-4428
Horse Boarding Barn, Lessons	Little Hills	Ls Trampas Stables	(925) 838-7546
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(510) 336-0850
Horse Day Camp	Ls Trampas	Ls Trampas Stables	(925) 838-7546
Horse Day Camps	Castle Rock	Adventure Day Camp	(925) 937-6500
Horse Rentals, Trail Rides and Lessons	Little Hills	Ls Trampas Stables	(925) 838-7546
Horse Rentals, Trail Rides	Sunol	Sunol Park Station	(925) 862-0175
Horse Trail Rides	Wildcat Canyon	Wildcat Creek Stables	(510) 232-6444
Marksmanship - Target & Skeet	Anthony Chabot	Chabot Gun Club	(510) 569-0213
Meeting and Club Activities	Martinez Shoreline	Martinez Sportsman Club	(925) 228-5638
Meeting and Club Activities	Martinez Shoreline	Martinez Pigeon Club	(925) 228-8272
Meetings, Weddings and Banquets	Tilden Brazil Room	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Kennedy Grove	Regional Parks	(510) 540-0220
Merry-Go-Round, Children's Parties	Tilden	Terri Holliman	(510) 524-6773
Model Boat Facility	Ala. Creek Quar.	Golden State Model RR Museum	(510) 234-4884
Model Railroad - 5 Scales and Museum	Tilden	NativeHere Nursery	(510) 549-0211
Native Plants	Carquinez	CREEC	(510) 787-9772
Native Plants	All Parks	East Bay Regional Park District	(510) 562-2267
Picnics (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Ardenwood	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Shadow Cliffs	Picnic People	(925) 462-1400
Pony Rides, Kid's Parties, Day Camps	Tilden	Camey Thompson	(510) 527-0421
Railroad - Rides, and Museum	Ardenwood	Society to Preserve Carter Bros	(510) 796-9560
Trains - Model Steam Engines	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterslide, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-0008
Windsurfing - Rentals and Lessons	Contra Loma	Windsurf Diablo	(925) 778-6350
Windsurfing - Rentals and Lessons	Crown Beach	Sausalito Sailboards	(650) 331-9463

## VISITOR CENTERS

- ARDENWOOD**  
34600 Ardenwood Blvd.  
Fremont, CA 94555-3645  
(510) 796-0663
- BLACK DIAMOND MINES**  
5175 Somersville Road  
Antioch, CA 94509  
(925) 757-2620
- BOTANIC GARDEN**  
Tilden Regional Park  
Berkeley, CA 94708  
(510) 841-8732
- COYOTE HILLS**  
8000 Patterson Ranch Rd.  
Fremont, CA 94555-3502  
(510) 795-9385
- CRAB COVE VISITOR CENTER**  
1252 McKay Avenue  
Alameda, CA 94501-7805  
(510) 521-6887
- DEL VALLE**  
7000 Del Valle Road  
Livermore, CA 94550  
(925) 862-2601
- GARIN**  
1320 Garin Avenue  
Hayward, CA 94544-6822  
(510) 795-9385
- SUNOL-OHLONE**  
P.O. Box 82 (on Geary Road)  
Sunol, CA 94586  
(925) 862-2601
- TILDEN NATURE AREA**  
Environmental Education Center (EEC) at Tilden Regional Park  
Berkeley, CA 94708  
(510) 525-2233
- SWIM FACILITIES**
- LAKE ANZA**  
Tilden Regional Park  
Berkeley, CA 94708  
(510) 843-2137
- CONTRA LOMA**  
1200 Frederickson Lane  
Antioch, CA 94509  
(925) 757-0404
- CULL CANYON**  
18627 Cull Canyon Road  
Castro Valley, CA 94552  
(510) 537-2240
- DEL VALLE**  
7000 Del Valle Road  
Livermore, CA 94550  
(925) 373-0332
- DON CASTRO**  
22400 Woodroe Ave.  
Hayward, CA 94541  
(510) 538-1148
- QUARRY LAKES**  
2250 Isherwood Way  
Fremont, CA 94535  
(510) 795-4883
- ROBERTS POOL**  
10570 Skyline Blvd.  
Oakland, CA 94619  
(510) 482-6028
- SHADOW CLIFFS**  
2500 Stanley Blvd.  
Pleasanton, CA 94566  
(925) 846-3000
- LAKE TEMESCAL**  
6502 Broadway Terrace  
Oakland, CA 94610  
(510) 652-1155

**FEES:** Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds available** for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

**CHECK ACCEPTANCE:** Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBPRD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

**CREDIT CARDS:** VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

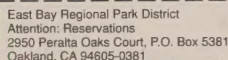
## CANCELLATION POLICY:

**REFUNDS/TRANSFERS:** Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

**IF YOU MUST CANCEL:** For a full refund or credit toward another program, you must call in your cancellation at **least seven days prior** to the class or program. Failure to notify the Reservations Office at **least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

**Special Cancellation Policy:** For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.





Clip and Mail

Make checks payable to: EBRPD

☐ MasterCard    ☐ VISA

					-				
					-				

Name (parent or guardian if under 18) \_\_\_\_\_

Address

Civ

Zip

Day phone \_\_\_\_\_

Night phone

email address \_\_\_\_\_

Amount \$

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					\$1.00
Subscribe to this publication (Regional in Nature) (Optional)					\$5.00
Submit additional registrations on an attached sheet				Total	

Submit additional registrations on an attached sheet.

Total

Signature requi

Parent or guardian if under 18

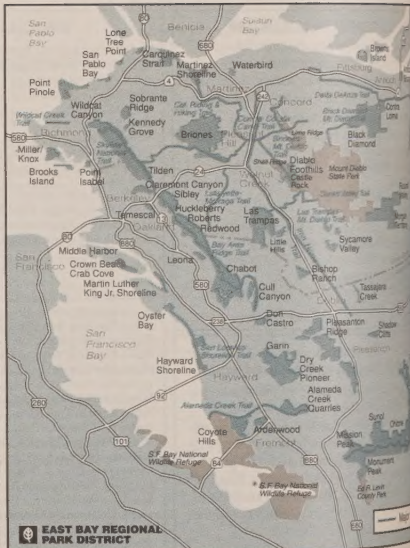
Date \_\_\_\_\_

☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

Office  
Use

Amount paid \_\_\_\_\_ Check no./cash \_\_\_\_\_ Register no. \_\_\_\_\_ Staff initials \_\_\_\_\_



The Regional Parks Foundation invites you to a free workshop  
Thursday, June 26, 2003  
4-6 p.m.

Temescal Beach House  
Temescal Regional Recreation Area in Oakland

**Presented by  
Planned Giving Experts**

Margaret Roisman, Roisman Redding + Henel LLP  
 Certified Specialist in Probate, Estate Planning and Trust Law  
 and Ira Hillyer, Vice President of Investment Management  
 and Trust Services for Mechanics Bank in Walnut Creek



Regional  
Parks,  
Foundation  
P.O. Box 21074,  
Crestmont Station,  
Oakland, CA 94620

## TOPICS

Wills • Revocable Trusts  
Powers of Attorney • Health Care Directives  
Irrevocable Trusts • Life Insurance  
Retirement Plans • Charitable Trusts  
Estate Taxes

**Space is Limited—**  
**To reserve your place,**  
please call Regional Parks Foundation  
Executive Director Rosemary Cameron  
at (510) 544-2003.

East Bay Regional  
Park District  
2950 Peralta Oaks Court  
Oakland, CA 94605-0381